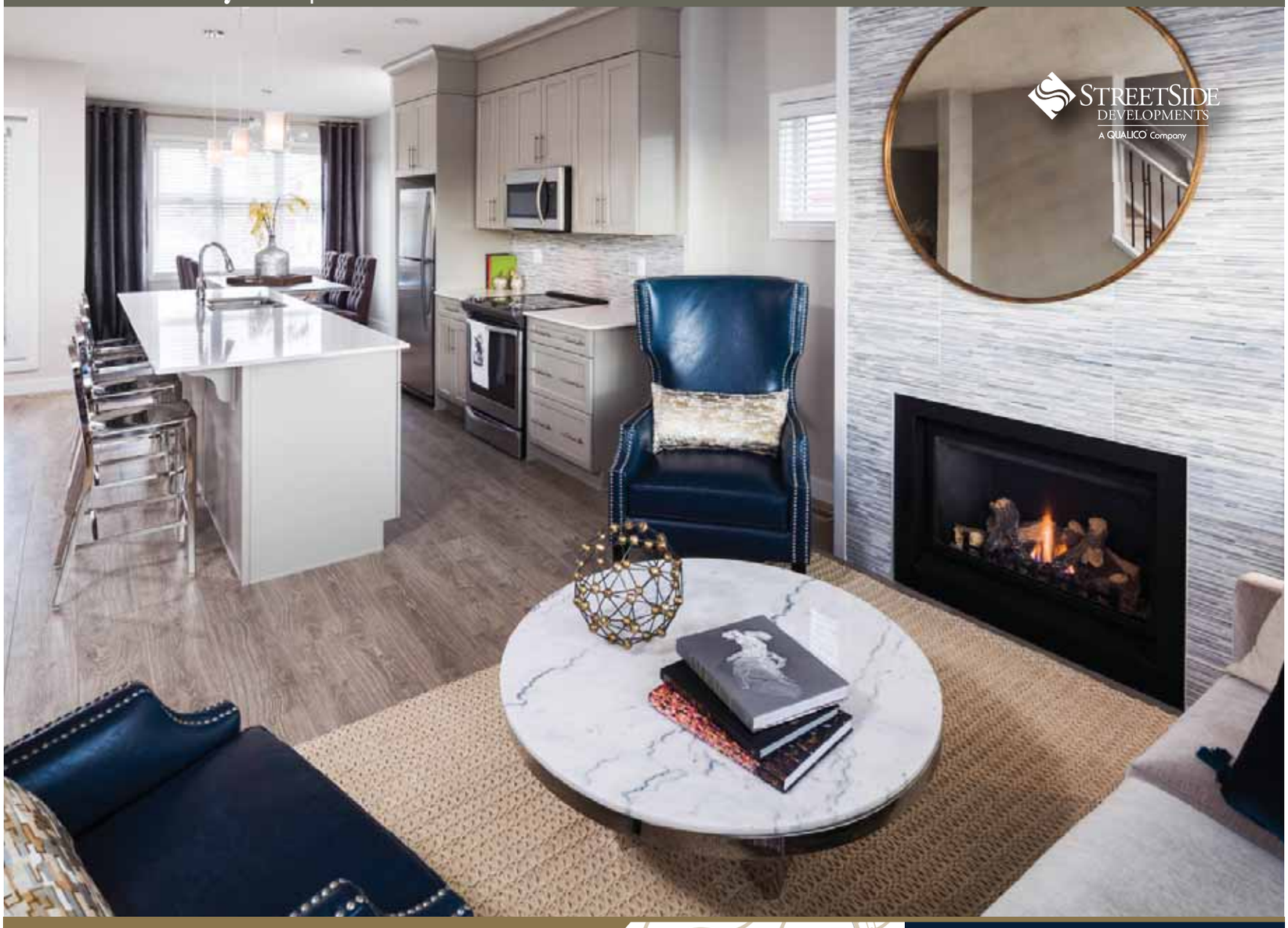
Calgary metro

Your essential daily news | TUESDAY, SEPTEMBER 15, 2015



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‘We will find her’

CROWSNEST PASS

Police investigate two-year-old girl’s disappearance and father’s death

Darren Krause
Metro | Calgary

Close family friends are describing a missing two-year-old girl as an absolute joy and “loved” by all those around her, as police hunt for her abductor and investigate the suspicious death of her biological father.

RCMP issued an Amber Alert in Alberta Monday afternoon, later expanding it to B.C. and Saskatchewan, after Hailey Dunbar-Blanchette was abducted from a Blairmore, Alta., home around 3:30 a.m the same day.

Family later called Crowsnest Pass RCMP to the home where they found the body of Hailey’s father, 27-year-old Terry Blanchette.

RCMP are now investigating it as a homicide, in connection with the young girl’s disappearance.

Corette Harrington of Sparwood, B.C. said Hailey was around often and that she and her three daughters took the two-year-old in as one of their own.

“Hailey was a big part of our family. She spent a lot of time with our family,” said Harrington.

The Harringtons knew Terry and Hailey through their eldest daughter, who is close friends with Hailey’s biological mother, Cheyenne Dunbar. Hailey is also the namesake of one of Harrington’s daughters.

She said the young girl was a joy to be around.

“(Hailey) is loved by us and everyone else. We just hope the family can be reunited with her and that we can find out who did this to Terry.”

Harrington said the family has few details on the investigation as RCMP are keeping a tight lid on the scene as they probe for clues.

RCMP have described a suspect vehicle, which they believe fled the home at a high rate of speed heading west.

The vehicle is a newer model white van, with a large rear antenna and attached flag.

“We are making an appeal to the public through the media and through the Amber Alert for any information with respect to this white van. Any suspect or suspects seen inside that van should not be approached by the public,” said Supt. Tony Hamori, assistant district commander for the southern Alberta RCMP.

> **“We just hope the family can be reunited.**
> Corette Harrington

“We have been speaking to family members and we have spoken to Hailey’s mother and can certainly confirm that Hailey is not with her.”

Other family and friends took to social media to lend support to the grief-stricken family and share their warmest memories of Terry.

“You were an amazing father, and I know that you died fighting for your daughter. We will find her, and we will let her grow up knowing her father was a hero,” said Angela Van Alstine on Facebook.

WITH FILES FROM HELEN PIKE/METRO

Two-year-old Hailey Dunbar-Blanchette was taken from her Blairmore, Alta., home on Monday. Hailey’s father, Terry Blanchette (left), was later found killed. FACEBOOK

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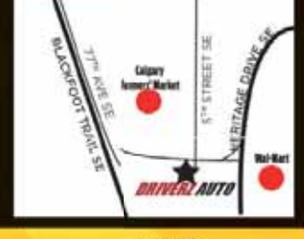

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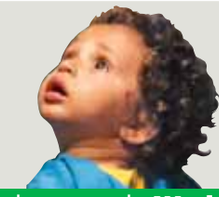

Refugee crisis: EU countries tighten border controls. **World**

Province lowers flu shot targets

VACCINATIONS

AHS optimistic it will achieve objectives for 2015-16 season

Jeremy Simes
For Metro | Calgary

Alberta Health is lowering its flu immunization goal this year, as it continues to fail at meeting its targets to vaccinate Albertans.

During the 2014-15 flu season, Alberta Health Services (AHS) vaccinated 30 per cent of Albertans against the flu, falling short of its goal to inoculate 45 per cent of the population, according to statistics from AHS.

For the 2015-16 season, the health authority hopes to see 40 per cent of Albertans vaccinated.

Chief Medical Officer Dr. Ada Bennett said it's been difficult to market the vaccine to Albertans who don't have medical issues, resulting in the low immunization numbers.

"It's hard to sell something to people who aren't sick," she said. "It's like trying to sell house insurance to someone who hasn't had their home flooded."

Alberta Health Services plans to deliver better marketing strategies before the immunization is administered to the public on Oct. 20. The authority's long-term goal is to keep costs low while mitigating waste of supply. METRO FILE

She said Alberta Health lowered the rate to 40 per cent from 45 because it wants to keep its costs low and not waste the vaccine supply.

In fact, it will cost the province $12.7 million to purchase the flu vaccine this year, up $200,000 from $12.5 million last year, Bennett said.

She added the health authority will deliver better marketing strategies before the vaccine will be administered to the public on Oct. 20.

But the influenza vaccination rate for AHS employees — which include doctors and nurses — can also be improved, she added.

During the 2014-15 flu season, 64 per cent of AHS employees were vaccinated against the flu, falling short of its target of 80 per cent. This year, the health authority hopes to again see 80 per cent of health employees inoculated.

"(The vaccine) is readily available to health-care workers. They could easily take 20 minutes from their break to run and get it," she said. "They could be putting patients at risk if they don't get vaccinated."

Although the Health Sciences Association of Alberta encourages its health-care workers to get flu vaccinations, it also respects the rights of workers, said HSAA President Elisabeth Ballermann, in an email.

"Where possible, we would advocate that those who are adamantly opposed be accommodated elsewhere in the system where direct patient care is not involved," she said. "We need to balance individual rights with the collective need."

Bennett said Alberta Health will work with unions like HSAA to encourage more health workers to get vaccinated.

She's optimistic the health authority will meet this year's target, she added.

"We can do it," she said. "I don't see why not."

> **"It's hard to sell something to people who aren't sick. It's like trying to sell house insurance to someone who hasn't had their home flooded.**
> Chief Medical Officer Dr. Ada Bennett

1,254,950

About 30 per cent of Albertans received the flu shot last year, falling short of Alberta Health's goal to see 45 per cent immunized.

1,874

The number of Albertans who were admitted to hospital last year who had the flu — up 674 from 1,200 who were admitted in the 2013-14 season.

103

More than 100 Albertans died from the flu last year, up 73 from 30 who died in the 2013-14 season.

63%

Percentage of workers at the Foothills Medical Centre who were vaccinated against the flu. The overall rate of AHS workers who were immunized was 64 per cent last year.

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IN BRIEF

Indonesia appeals verdict in case of former Calgary teacher

Prosecutors in Indonesia have filed an appeal of a court decision that cleared a former Calgary teacher of child sexual offences in the country, the man's family said Monday.

Neil Bantleman, former teacher at Calgary's Webber Academy, had been serving a 10-year prison sentence when the August ruling resulted in his release, although he remained under a travel ban.

Neil Bantleman THE CANADIAN PRESS

His brother said the latest step in the 45-year-old's legal battle means Bantleman isn't allowed to return to Canada.

"He's a free man yet he can't leave the country," Guy Bantleman said. "We're disappointed it's going to play out for several more months."

Bantleman, who is from Burlington, Ont., and an Indonesian teaching assistant, Ferdinant Tjiong, were both working at the Jakarta Intercultural School when they were arrested last July following a complaint from the parents of a six-year-old boy who claimed their son had been sodomized.

The appeal filed by prosecutors to the Supreme Court of Indonesia is expected to take two to six months, Bantleman's brother said, adding that the family will "continue to fight for the truth to fully emerge."

THE CANADIAN PRESS

Calgary city council now requires attendees to go through greater screening before sitting in on meetings. HELEN PIKE/METRO

Council chambers security amped up

NEW PROCEDURES

First day saw 147 people checked for banned items

Helen Pike
Metro | Calgary

What takes seven security guards, two metal detectors and a garbage bin? City council's new amped up security procedures.

The city's new metal detectors were flashing red and green as city workers and members of the public filed through several stages of security for the first time before entering the council chambers.

According to the city, their first go at council chamber security saw 147 people checked for various prohibited items — the top contentious items were food and drink — and screening time for someone with a bag was 45 seconds, with those who didn't have a bag waiting about 25 to 30 seconds.

"It's day one, so we expect we're going to improve," said Don von Hollen, project lead with corporate security for the City of Calgary.

The process itself is said to take 10 to 15 seconds per person, but one curious Calgarian looking to check out the day's agenda, who only gave the name Ed when asked, said it took a total of 10 minutes.

> **It's day one, so we expect we're going to improve.**
> Don von Hollen

He had an apple he didn't want to waste and it "took him that long to get through it."

"I'd like to see a pile of agendas out here available to the public before they go through security screening," said Ed. "There's a lot of people being processed needlessly."

Ben Ethier said it was his first time attending council. He tends to watch heated debates online during his lunch hour, other than unexpectedly having to finish his coffee — it's not much of a deterrent.

The cost to enhance security was quoted at just under $100,000 with no "operational impact." Von Hollen said staff already working for the city are covering the posts.

As the first day went on, staff was added or cut as the lines increased and decreased.

"It doesn't bother me at all," said Ethier. "It's definitely warranted, I mean, if you've got nothing to hide there's no problem going through security."

HARVEST HILLS REDEVELOPMENT

City asks for public feedback

Aaron Chatha
Metro | Calgary

A Calgary golf course that residents say hit the rough after it was sold for redevelopment is once again the topic of discussion as the city brings together neighbours and developers to hash out concerns.

The City of Calgary hosted a public information session on Monday to address QuantumPlace Development's plans to add 692 new residences to the soon-to-be-former Harvest Hills Golf Course location.

"Not very happy with the proposed development," said resident Sarah Cantrill.

"We bought on a golf course because we wanted open space. We wanted the recreational aspect of it. So, not very happy about this, but I appreciate the city's involvement.

> **We wanted the recreational aspect of it.**
> Sarah Cantill

The gold course was sold off to Cedarglen Homes in 2014 to be redeveloped.

Jessica Carpat from QuantumPlace Development said they want to continue working with the community to address their concerns moving forward.

A spokesman from the City of Calgary said they're interested in receiving meaningful public feedback to incorporate into their review.

Sarah Cantrill says she's not happy with the development. She bought her home specifically because it was on a golf course. Now, new homes will be developed there. AARON CHATHA/METRO

OILFIELDS

Security firms see uptick in thefts

Oilfield security firms say they've been dealing with more troublemakers in recent months with the crude price cratering and bringing drilling activity and jobs down with it.

Thieves have been nabbing diesel, generators and other odds and ends that aren't bolted down from oilfield sites, said Joden Dorner, security operations manager at Prospector Energy Services Inc. in Bezanson, Alta., in the province's northwest.

He's also seen kicked-in doors and broken windows.

"There has been a little bit of equipment theft, but mostly things under $10,000," said Dorner, whose firm provides on-site guards and surveillance. "It's all minor theft and vandalism as of now."

But he said those sorts of calls have been increasing "steadily" since early spring. Year-over-year, he estimates those instances are up by about a quarter.

"If this keeps on going at this rate, I would think it would double by next spring."

The oilpatch has been struggling through a prolonged downturn in crude prices since late last year, with the U.S. benchmark hovering at around $45 US a barrel. Around this time last year, it was worth more than twice as much.

The Canadian Association of Petroleum Producers estimates that at least 35,000 jobs have been lost in Alberta's oil and gas sector this year.

Danish Tahir, an operations manager with Security Services Group, said his firm has been dealing with copper wire theft at construction and oilfield sites lately.

"The economy is a factor," said Tahir, whose company controls access to sites and screens employees at various locations throughout Alberta. "Sometimes it is internal. People get laid off. They get mad."

Damian Radcliffe, CEO of Sherwood Park, Alta.-based Titanium Defence Corp., said he's also seen more reports of theft, vandalism and even violence as economic conditions in the oilpatch deteriorate and ex-employees feel they have "less to lose."

"When you have large numbers of people getting laid off or getting their walking papers, they'll often think they're entitled to things, taking home certain items they think belong to them," like fuel or safety gear. THE CANADIAN PRESS

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Divers seek evidence in teen's death

INVESTIGATION

Body of Colton Crowshoe was found in water last year

Aaron Chatha
Metro | Calgary

Divers searched through the retention pond off Stoney Trail and 16 Avenue today, looking for more evidence in a homicide that occurred more than one year ago.

A passerby found the body of Colton Crowshoe, 18, on July 24, 2014, floating in the water.

Crowshoe had been reported missing since July 4 after leaving a party in the Calgary community of Abbeydale.

"It's been over a year now, we want to take a new look at the investigation. See if we come across anything we didn't before," said Staff Sgt. Colin Chisholm with the Calgary Police Homicide Unit.

Crowshoe's father, Jimmy Crowshoe, said police should have come back to the scene earlier.

"I wish that would have been done before. It's been over a year. Mother Nature's strong," he said. "It hurts me so much coming back up here.

"My son. He would have been 19 right now. He would have been going to school."

After Crowshoe's body was discovered last year, it was revealed Crowshoe had interacted with police before his disappearance.

It was reported Crowshoe had been arrested on loitering and breaking and entering charges on July 2, 2014, just before he'd gone missing.

Earlier this year, his father told Metro his son had come away from the incident with scratches and bruises on his face, alleging that it was the result of aggressive arresting officers.

At the time he said that altercation, and the fact that his son as aboriginal, may have influenced the willingness of officers to undertake the investigation into his disappearance.

Divers prepare to search a retention pond off of Stoney Trail to look for more clues in last year's death of an 18-year-old youth. AARON CHATHA/METRO

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BANFF TRAIL MOTEL

'Suspicious' fatality investigated

The Calgary Police Service is investigating a suspicious death that occurred at the Banff Trail Motel on Monday.

They were called to assist with a medical call from someone who said who found a man in his room not breathing.

"Upon arrival, police and EMS found a deceased man in his mid-40s inside one the rooms," said Duty Inspector Ryan Ayliffe.

Ayliffe said officers found the circumstances around the death suspicious. They're working with the medical examiner to determine if the death was criminal in nature.

After the incident, officers taped of the entire area and knocked door-to-door, questioning hotel guests.

"They asked me if I heard anything, and I said no. I wish I could help. It's too bad, it's a shame," said Bob, a guest at the hotel.

Ayliffe said they're still seeking any information the public may have.

"Just like any other criminal investigation, we're canvassing the area for evidence, we want to connect with witness who know things, we want to make sure that all investigative steps are coordinated so we have a full understanding of what occurred," he said, noting information at this time was very limited.

An autopsy will be conducted on Wednesday morning.

Anyone with information about this incident is asked to contact the Calgary Police Service non-emergency line at (403) 266-1234, or Crime Stoppers anonymously at 1 (800) 222-8477. AARON CHATHA/METRO

Police knocked on doors, asking guests of the Banff Trail Motel if they had seen or heard anything unusual. AARON CHATHA/METRO

Monica Wade said the 17th Ave Inner-City Underground Market is a better alternative after she realized selling her products at music festivals wasn't her deal. JEREMY SIMES/METRO

Entrepreneur happy to go underground

BUSINESS

Monica Wade feels inner city market has become home

Jeremy Simes
For Metro | Calgary

Monica Wade soon realized selling her products at music festivals wasn't her cup of tea — the "gypsy" lifestyle just wasn't for her.

So when she looked to sell elsewhere permanently, she stumbled upon the 17th Ave Inner-City Underground Market, which — for her — turned out to be just as good as home.

"Going to Shambhala and Boonstock is not my deal," Wade said. "So, when I met Dave and saw this, I was like, 'OK, I'm home.'"

Wade — a small business owner with Plazmalab Canada — is part of a group of six small vendors who sell their products at the market full-time.

> **Going to Shambhala and Boonstock is not my deal.**
> Monica Wade

She said the collective of artisans who run the space are all extremely serious about business.

"The most important things to us are to have people who have a unique product, but who also have a serious businesses sense," she said. "Vendors are very transient in nature, so it's hard for us to find a home."

Bali and Beyond owner David MacElwain — who rents the space to the vendors — said he created the market to support those who are committed to their products.

"I've always been about creating community," he said. "(The market) does that by bringing these local vendors together."

The market was initially open on weekends, but has since grown to operate seven days a week. When vendors can't make it down to sell their stuff, Wade said others will help out with their sales.

"It's not competitive, which is awesome," she said. "It's amazing."

MacElwain said Wade has somewhat become the market's "den mom."

"She's been really great for the space," he said. "They're all great entrepreneurs down there. I'm confident business will pick up in the fall."

Wade said she hopes the market becomes one of Calgary's finest, but it'll just take a bit of time. "Plus, it doesn't hurt to make a little money," she added.

ECONOMY

Non-profit calls for property-tax reduction

Helen Pike
Metro | Calgary

A Calgary not-for-profit is asking councillors to consider putting the brakes on the property-tax hike as the city undergoes increased layoffs in a tough economic environment.

In a release, Common Sense Calgary's executive director Stephanie Kusie said the city should consider lowering a proposed 4.7 per cent property-tax hike down to 1.3 per cent, which she said is in line with inflation.

"Council has been passing huge tax hikes for years," added Kusie. "Now more than ever it is important for council to sharpen their pencils and make some difficult spending decisions."

Coun. Ward Sutherland, vice-chair of the Priorities and Finance Committee, said a dramatic decrease is not in the cards for the city, as prior contractual commitments and tough economic times would make it tough to balance both services and the

> **Council has been passing huge tax hikes for years.**
> Stephanie Kusie

$80-million revenue shortfall.

"I've been looking at finance for the last six months and talking to the city manager," said Sutherland. "In order to have it that low we would actually have to cut services and cut employees."

He said because the city hires union workers their pay increases are often above inflation. Ideally, he said he's looking to get the property-tax increase to go from 4.7 per cent to 3.5 per cent.

BMO REPORT

Soft approach needed on royalties: Wildrose

The Wildrose Party continues to urge the Alberta NDP government to take a softer approach to the oil and gas sector, after a financial report painted a dire picture for the industry should royalties be increased.

The Bank of Montreal (BMO) Capital Markets report released Monday stated that Alberta's energy sector "is not positioned to bear the burden of higher royalties and/or environmental charges at current commodity price levels."

Wildrose leader Brian Jean cautioned the Notley government saying a more cautious approach is what's needed right now.

"The only economic ideas the NDP have had so far are to tax job creators and grow the size of government, and there is a real concern they've already made up their minds to raise royalties on industry," Jean said. "Now is the time for predictable, stable leadership, not more economic experiments from this government." METRO

Wildrose leader Brian Jean METRO FILE

YOHO NATIONAL PARK

Search continues for missing Calgary teen

RCMP in Golden, B.C., confirm a search has resumed in Yoho National Park for a teenager believed to have been swept over a waterfall.

Mounties say a 19-year-old was hiking at the 100-metre Twin Falls, part of a rugged hiking trail near the head of the Yoho River early Sunday afternoon.

Police and Parks Canada search teams rushed to the scene just west of the Alberta boundary after an emergency GPS tracking device was triggered.

Aerial and ground searches were carried out Sunday and resumed at first light Monday.

RCMP say Parks Canada is managing the search efforts and will release any further updates. THE CANADIAN PRESS

A photo of where the pride sidewalk once stood, now stripped down to prepare the road for construction. HELEN PIKE/ METRO

Pride crosswalk too short-lived for some

LGBTQ

After all the fuss, removal questioned on social media

Helen Pike
Metro | Calgary

Just as fast as it appeared, Calgary's rainbow crosswalk is gone again, and even though it was never planned to stay, some Calgarians are wondering why the city put an end to the rainbow.

The once quoted $8,000 investment, paid for by donors and Pride Calgary, has been scraped from its 1 Street SE location as city crews prepare the road for planned construction.

"When the crosswalk went in I got a huge number of supporters on Twitter — of course, it's always pro and con," said Ward 4's Sean Chu, who spearheaded the effort. "Some people lately on Twitter said it's a waste of money, it's gone now, and I said that was always in the plan because it was supposed to be temporary anyway."

The controversial pedestrian crossing was installed after Chu put forth a motion to place it in Ward 7. His motion was received with mixed feelings by other councillors after he composed a questionable tweet about the "Irish's 'social revolution' on same sex marriage." Couns. Evan Woolley and Druh Farrell both specifically questioned his "motivation" behind the motion.

> **Identifying as LGBTQ is really tough at times.**
> Lauren Arthur

On social media after the public noticed the now made-under street some were wondering with all the fuss why not more was given to keep the colourful stripes around.

"It should have stuck around for even just a little bit longer," said Lauren Arthur. "Even now, identifying as LGBTQ is really tough at times, and I believe that the crosswalk could have been a daily reminder to Calgarians of that struggle. That being said, when it really comes down to it, I'm glad that the city decided to allow it, if even for a little while."

In Edmonton, where rainbow sidewalks were installed months before Calgary's, the public pleaded with petitions to keep the sidewalks which were also meant as a temporary installation. Now, the city is considering which Edmonton locations would be ideal for a permanent installation.

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BUSINESS

Two local entrepreneurs start online snack service

Andrea Ross
Metro | Edmonton

Philip Solo shops for provisions for Snack Attack, an Edmonton startup that delivers party food to your door when you don't want to — or can't — go buy it yourself. TIM QUERENGESSER/METRO

There's nothing like a quarter-pounder with cheese.

Especially at 3 a.m.

But, since the world's largest fast-food chain still doesn't deliver in most parts of Canada, two Edmonton entrepreneurs started Snack Attack, an online junk-food service that eliminates the injustice of driving to get your snack on in the middle of the night.

After picking your fatty poison from the website — options include McDonald's menu items, chocolate bars, chips, pop, cigarettes, candy — Snack Attack will deliver to your door between 8 p.m. and 4 a.m. on Fridays and Saturdays. There's a flat delivery fee of $4.99 for orders of less than $50, and the company accepts cash or credit cards.

"If you're hungry and want something and don't want to put on pants, you can just call us and we'll bring it to you," Snack Attack founder James Gray said.

The business started five years ago but took a two-year hiatus until this weekend, when Gray passed the calorie-laden torch to friend Philip Solo.

Gray doesn't eat much junk food anymore, but still sees potential in the future of the business under Solo's watch.

Two years ago, Snack Attack had three drivers and a dispatcher handling 25 to 30 calls, generating $500 in sales a night. Solo said this past weekend, the first since the relaunch, was "crazy" with deliveries, adding he is already planning on hiring another driver.

"James is the Godfather, Marlon Brando-type figure and I'm the fresh blood," Solo said of the business. "People always talk about how they wish McDonald's would deliver. This is like the biggest hole in the market, pretty much."

Solo said top sellers include orange and grape slushies and McCain's Deep and Delicious frozen chocolate cakes, which are ordered about two or three times a night.

Solo wants to expand the business into weeknight delivery, and include more in-demand items on the menu — like the "McGangbang," a Junior Chicken sandwiched between a McDouble.

"I think it would be legendary," Solo said. "It's a calorie-infested thing. But I don't judge."

Solo, a musician who describes himself as "entrepreneurial" yet "unemployed and lazy" isn't sure about the legalities of delivering McDonald's.

He's just happy to put a McSmile on hungry faces.

"I'm trying to make it a big thing in Edmonton and see where it goes from there," he said. "But I'll need another driver for this upcoming weekend. Last weekend was crazy."

HOW SNACK ATTACK WORKS

Edmonton website snackattack.ca is dormant on weekdays, with just a countdown timer and YouTube video for a techno song called Laid Back Snack Attack on the front page and stock art of Skittle candy colours the background.

But come Friday at 8 p.m., the timer vanishes and a list of menu items appears in its place.

Snack Attack drivers will deliver anywhere in the city.

"There is a set list of things," founder James Gray said.

"You can pick what types of drinks you want, chips, candy bars, McCain Deep and Delicious cakes. Everybody loves those for some reason. They see that and think 'I need that, right now, at 2 a.m.'"

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MEDICINE HAT

Plane mayday apparently a false alarm

A report of an aircraft distress call that prompted officials to close part of the Trans-Canada Highway in Alberta for a possible emergency landing has turned out to be false, the Canadian Forces says.

Medicine Hat police say a radio operator reported hearing a plane calling for help Sunday night in the region.

Police closed part of the highway from about 7:30 p.m. until 8:50 p.m. as a precaution, in case it was needed as a makeshift landing strip.

But authorities could not make contact with any pilot and there were no reports of a missing plane.

The Royal Canadian Air Force scrambled a CC-130 Hercules search and rescue aircraft out of Winnipeg to investigate.

"It was assumed it was a real call. At the end of it all there was nothing credible about the call," Capt. Wright Eruebi, a military spokesman, said Monday.

He said military search and rescue officials always investigate such calls.

"When we receive these calls we investigate them. We don't assume that it is false," he said. "We assume that every call is authentic and that a Canadian life is in danger."

Saskatchewan RCMP say a work crew near Maple Creek heard muffled audio of a "mayday call" over their handheld radio and called police.

Mounties said all logged commercial and smaller planes have been accounted for, but it is possible that an unlogged aircraft may have been in distress.

RCMP say an investigation by Mounties and Medicine Hat police hasn't found any evidence of a missing or downed plane.

Police are asking the public to report any signs of a downed aircraft. THE CANADIAN PRESS

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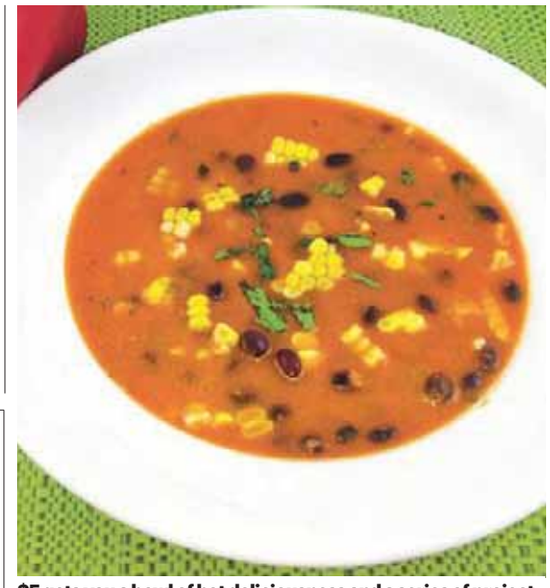


$5 gets you a bowl of hot deliciousness and a series of project pitches. Donors then vote for who gets the cash. METRO FILE PHOTO

Soup raises funds, hope

MICRO LOANS

Fill up on ideas and help pick a winner for the community

Aaron Chatha
Metro | Calgary

A new Calgary organization is helping small community projects find funding, with a spot on a stage and a bowl of warm soup.

For $5, Calgary Soup will give potential investors a bowl of soup while they listen to pitches from three or four community projects that are in need of community micro-funding.

At the end of the night, investors will vote on which project they like the best, and that person walks away with all the funds raised that night.

"I think there's got to be people in this city looking for funds to support their project," said Rayna Becker, community outreach with Calgary Soup.

"Maybe they don't think it's important enough, but we're here to tell them it is. Whatever you've got that's creative and could help inspire Calgarians is absolutely worthy of us hearing from you."

Becker notes that the definition of micro-funded projects is a broad one. It can be such things as rooftop gardens and community libraries. She even cites one case in a different city where a woman used the funds to host art classes for the underprivileged.

That was in Detroit, where the project originally started.

Becker, Calgary-born and -raised, is helping launch the project here. They're currently looking for their first set of presenters.

"We're such a diverse city and there's so many things going on. I just thought, I'm sure there's a niche in there we could fill or be an extension of."

Winners will be invited back to Calgary Soup after three months to share how their projects turned out. She urges Calgarians to be inventive, and not be shy about pitching their idea, no matter how small they may think it is.

"They can be really big, they can be really little," she said.

"We just want people to come up with some creative ideas."

INSPIRED BY...

Founded in 2010, Detroit Soup has held 115 dinners and raised more than $100,000 US in the city. The organization partners with community groups across Detroit, averaging 200 attendees per event. The dinners have helped fund 45 projects, 39 non-profits, and 25 for-profit enterprises.

SOURCE: DETROITSOUP.COM

Fiscal good news for Tories

ELECTION 2015

Balanced budget boosts electoral prospects

Hard new numbers about the past performance of the economy gave way to crystal-ball gazing Monday on the campaign trail as the major party leaders all took a shot at forecasting the future.

For Stephen Harper, weeks of buffeting bad news was washed away by a report tallying the final budget bottom line for the last fiscal year: a surprise $1.9 billion surplus.

The timing of the 2014-15 surplus announcement from Finance Canada — the first after six consecutive budget deficits — couldn't be better for Harper, with the Conservative, NDP and Liberal leaders set to face off later this week in a Calgary election debate on the economy.

The shot of fiscal adrenaline had the prime minister in fine fettle at a Kamloops, B.C., campaign stop, where he brushed off the mild economic contraction that marked the first half of 2015 and asserted that robust growth and good budgetary times are ahead.

"I see zero to little risk that we will have anything other than a surplus for the second year in a row, based on the trajectory we are on," said Harper.

Across the country in Toronto, Liberal Leader Justin Trudeau was looking at the same numbers and reaching a very different conclusion.

"Mr. Harper has put us in deficit this year. As for last year's numbers, we know and we saw Mr. Harper underspending and making cuts to Veterans Affairs, to Aboriginal Affairs, to seniors in the billions of dollars so that he could balance the books in time for his election."

NDP Leader Tom Mulcair, meanwhile, called the 2014-15 surplus "good news for Canadians and it shows that the NDP's going to be starting off on the right foot by proposing to have a balanced budget, talking to Canadians about what we can accomplish together in health care (and) quality, affordable $15-a-day child care."

Economic forecasts by campaigning party leaders are notoriously self-interested and suspect.

Harper was spectacularly wrong in October 2008 with his election campaign prediction that if Canada was going to suffer a recession, it would have happened by then. He also vowed not to run deficits.

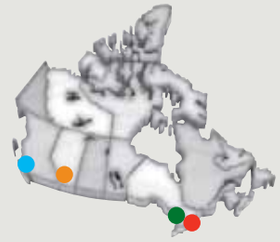
As it turned out, a devastating global economic meltdown was already underway and the Conservatives were already in deficit en route to a $55.6-billion shortfall in 2009-10 that was the largest in Canadian history. THE CANADIAN PRESS

Conservative Leader Stephen Harper speaks to supporters Monday in Kamloops, B.C.
RYAN REMIORZ/THE CANADIAN PRESS

$1.9 billion

The federal budget surplus for FY2014-2015.
THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Justin Trudeau** will be in Waterloo, Ont.
- **Tom Mulcair** will be in Calgary and Lethbridge, Alta.
- **Elizabeth May** will be in Guelph, Ont.

Stephen Harper's itinerary was unavailable.

INFLUENCE PEDDLING TRIAL

Former Harper aide did it for escort girlfriend: Prosecutor

A former top aide to Prime Minister Stephen Harper was trying to help a girlfriend leave her escort past behind when he got involved in trying to persuade the government to buy water systems from a company that employed her, a court heard Monday.

Bruce Carson has pleaded not guilty to a charge of influence peddling in a trial that Harper's opponents are using to question the prime minister's judgment in making appointments.

The Ottawa court heard that Carson testified he was merely trying to help when he offered to assist an Ottawa-based company, H2O Water Professionals, in getting meetings in 2010 and 2011 with government officials.

But Crown Attorney Jason Nicol told the Ontario Superior Court of Justice that Carson wasn't some altruistic figure trying to help H2O Pros clinch a deal to sell water purification equipment to First Nations communities desperate to fix tainted water problems.

Instead, Nicol said, Carson wanted to help his then-fiancee, Michele McPherson, leave her former life as an escort.

"It's all about a pretty girl," Nicol said as he read from the thick binders of evidence.

Carson was a senior adviser to the prime minister from 2006 to 2008. THE CANADIAN PRESS

IN BRIEF

Toronto will not bid on 2024 Olympics

Toronto will not bid to host the 2024 Summer Olympics, with Mayor John Tory deciding not to enter the city into the competitive bid process, Torstar News Service has learned.

The decision was made after Tory received a lack of corporate enthusiasm and no firm support from the province. Key potential sponsors have also been lukewarm to backing a Toronto bid.

TORSTAR NEWS SERVICE

VANCOUVER

Friendly deer likely dead in car collision

A little deer that wandered through downtown Vancouver, enchanting bystanders and causing traffic mayhem, has apparently been hit and killed by a car.

Police say they were called to the Vancouver end of the Lions Gate Bridge around 7:30 p.m. Sunday after receiving a call that a deer had been struck by a car and killed.

Stanley Park Ecological Society executive director Patricia Thomson says the social deer was only one of two seen in the park since the 1960s - although there's no firm confirmation it was the deer that was killed.

The young buck became a social media star with its own Twitter account after being spotted wandering the streets of downtown Vancouver in July,.

Thomson says there have been concerns the curious creature was too habituated to humans and lacked fear of people or vehicles. THE CANADIAN PRESS

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PROVOCATION

North Korea poised to launch satellite

North Korea said Monday it is ready to launch satellites aboard long-range rockets to mark a key national anniversary next month. Such a move is expected to rekindle animosities with South Korea and the United States.

A National Aerospace Development Administration director said the North has been making "shining achievements" in the space development field ahead of the 70th birthday of the Workers' Party.

The director said scientists and technicians are close to the final development phase of a new Earth observation satellite for weather forecasts.

"Space development for peaceful purposes is a sovereign state's legitimate right ... and the people of (North Korea) are fully determined to exercise this right no matter what others may say about it," the director told Pyongyang's official news agency. The world will "clearly see a series of satellites soaring into the sky at times and locations determined" by the Workers' Party.

Such launches would be certain to trigger international censure. Seoul, Washington and other neighbouring countries condemned past launches as disguised tests of the North's long-range missile technology and Pyongyang responded furiously to the criticism.

North Korea has spent decades trying to perfect a multi-stage, long-range rocket. After several failures, it put its first satellite into space in late 2012. The UN said it was a banned test of ballistic missile technology and imposed sanctions.

Washington sees North Korea's pursuit of ballistic missiles and allied technology as a threat to world security and to its Asian allies, Japan and South Korea. THE ASSOCIATED PRESS

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The world's first remotely monitored control tower is at Sweden's Ornskoldsvik Airport. THE ASSOCIATED PRESS/CONTRIBUTED

New tech's flying high

SWEDEN

Video cameras, microphones let controllers work remotely

Passengers landing at Ornskoldsvik Airport in northern Sweden might catch a glimpse of the control tower — likely unaware that nobody's inside.

The dozen commercial planes landing there each day are instead watched by cameras, guided in by controllers viewing the video at another airport 145 kilometres away.

Ornskoldsvik is the first airport in the world to use such technology. Others in Europe are testing it, as is one in the U.S.

While the majority of the world's airports will, for some time, still have controllers on site, experts say unmanned towers are coming — first at small and medium airports, but eventually even the world's largest airports could see camera arrays mounted on a pole replacing their concrete control towers.

The companies building these remote systems say their technology is cheaper and better than traditional towers. Cameras spread around an airport eliminate blind spots and give controllers more detailed views. Infrared can supplement images in rain, fog or snow and thermal sensors can see if animals stray onto the runway.

None of those features are yet in the Swedish airport due to regulatory hurdles.

Ornskoldsvik Airport is a vital lifeline for residents who want to get to Stockholm and the rest of the world. But with just 80,000 annual passengers, it can't justify the cost of a full-time control staff — about $175,000 US a year in salary, benefits and taxes for each of six controllers.

In April, after a year and a half of testing a system designed by Saab, all the controllers left Ornskoldsvik. Now, a 25-metre mast, with 14 high-definition cameras, sends the signal back to controllers at Sunvsal Airport.

> **"Without the sound, the air traffic controllers felt very lost.**
> Anders Carp, head of traffic mangement, Saab

Old habits are hard to break, though. Despite the ability to zoom in, controllers instinctively grab binoculars to get a closer look at images on the 55-inch screens. And microphones were added to the airfield at Ornskoldsvik to pipe in plane sound.

The cameras are housed in a glass bubble. High pressure air flows over the windows, keeping them clear of insects, rain and snow. The system has been tested for temperatures from minus 30 Celsius to a sizzling 50 C.

Now, Saab is bringing some of this technology to Leesburg Executive Airport in Virginia. On Aug. 3 they started a three-month test with the FAA. THE ASSOCIATED PRESS

MISSISSIPPI

Professor killed on university campus

A professor was killed in his office at Delta State University in Mississippi, and investigators are searching for another school employee in connection with the killing, officials said Monday.

Cleveland Police Chief Charles "Buster" Bingham said authorities have identified Shannon Lamb as a "person of interest" in the shooting of history professor Ethan Schmidt. Lamb is no longer believed to be on the Delta State campus.

Bingham also said police have information suggesting Lamb may have been involved in another slaying in the south Mississippi city of Gautier, about 580 kilometres away, where a woman was found dead in her home.

The 3,500-student university was put on lockdown amid reports of an active shooter. Everyone on campus was told to take shelter, away from windows.

Freshman Noah Joyner, 18, said he was shaken by the lockdown. Joyner hunkered down in a bathroom of his dorm building and heard others desperate to get in when reports of the active shooter spread.

"There were like people banging on the doors to have somebody let them in," said Joyner, a swimmer at the college. "It was pretty terrifying to hear people banging on the door." THE ASSOCIATED PRESS

AUSTRALIA

Ruling party picks rival to replace PM

Australia's ruling conservatives ousted beleaguered Prime Minister Tony Abbott as party leader Monday evening in a change that could signal a different Australian response to climate change and allow for a more moderate agenda that could include recognition of gay marriage.

Liberal Party members voted 54 to 44 to replace Abbott with former party leader and Communications Minister Malcolm Turnbull, who had called for the leadership ballot just hours earlier amid flagging opinion polls for the two-year-old conservative coalition government.

Turnbull split his coalition and lost the party leadership in 2009 over his support for a then-Labour Party government's proposal to make industrial polluters pay for the carbon gas emissions that they produced through an emissions permit trading scheme.

A coalition government under Abbott last year repealed a two-year-old carbon tax and replaced it with a policy of paying industrial polluters 2.55 billion Australian dollars ($1.8 billion US) in taxpayer-funded incentives to operate more cleanly.

The policy imposes no financial penalty for polluting. THE ASSOCIATED PRESS

Europe open-border concept unravelling

metro The Syrian Crisis
The flight

Several countries rush to stem flow of migrants

Migrants at Hungary's crowded border crossings with Austria and Serbia faced fear and uncertainty Monday as several European Union countries beefed up border controls in a precedent that could gut the bloc's cherished principle of free movement among most of its nations.

While Hungarian police patrolled their border fence on horseback and workers uncoiled the razor-wire and steel mesh that would finish it, Austria, the Netherlands, the Czech Republic and Slovakia all rushed to join Germany in tightening border controls. The efforts created significant pressure points as the flow of people fleeing violence at home and trekking through the Balkans showed no sign of abating.

"Hurry up! They're letting us through!" some shouted in Arabic at a checkpoint near Roszke, Hungary, as police blocked a rail line where thousands had entered the country, funnelling the migrants to waiting buses.

Elsewhere, bottlenecks developed at the Austrian border town of Nickelsdorf, where police said a highway had to be closed because up to 10,000 migrants were crossing in from Hungary. Germany's border checks also caused traffic jams Monday as long as 20 kilometres on highways in Austria.

German police said they will conduct rolling checkpoints on major roads coming from Austria but will not check every vehicle and driver for passports. Hungary, however, was introducing much harsher border controls at midnight — laws that could send smugglers to prison and deport migrants who cut under Hungary's new razor-wire border fence.

> **Hurry up! They're letting us through!**
> Heard at a checkpoint near Roszke, Hungary

Lacking a quick and comprehensive policy answer, EU nations have begun tightening border security. But if every nation starts setting up border checks again, that undermines a cornerstone of the EU. When trucks, planes and trains can whiz through the continent without checks it creates a unified EU spirit — something that long lines at highway border crossings and stalled trains near the frontier would quickly wipe away. THE ASSOCIATED PRESS

A woman and child look at a police officer as they board a bus after they were made to disembark a train by German border police officers at a station in the southern German border town of Passau, Monday. MARKUS SCHREIBER/THE ASSOCIATED PRESS

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Rock-throwers face harsh crackdown

ISRAEL

64-year-old motorist dies after incident in Jerusalem

Israel's prime minister will convene an emergency meeting over recent Palestinian attacks, an official at his office said Monday.

Benjamin Netanyahu will consult with top ministers Tuesday night, after the Jewish new year holiday of Rosh Hashanah ends. The announcement came hours after an Israeli died after rocks were thrown at his car and violence erupted at Jerusalem's most sensitive holy site for a second day.

"The prime minister views with great severity the throwing of rocks and fire bombs against Israeli citizens and intends to fight the phenomena by all means, including increasing punishment and enforcement," the official said, speaking on condition of anonymity.

A 64-year-old Israeli, Alexander Levlovitz, died and two passengers were hurt after attackers in Jerusalem pelted their car with rocks.

Police spokeswoman Luba Samri said the man was injured as he was driving home from a meal marking Rosh Hashanah and later died of his injuries. The identities of the attackers were not known, she said.

Israeli media reported the driver lost control of the car following a heart attack, which might have been triggered by the rock-throwing. Officials did not confirm the reports.

Later Monday, another Israeli was injured by Palestinian rock throwers on the outskirts of the Old City, police said. Earlier, police and Palestinian stone-throwers clashed for a second day at Jerusalem's most sensitive holy site, revered by both Jews and Muslims. THE ASSOCIATED PRESS

Prime Minister Benjamin Netanyahu to use "all means" to halt the recent spate of Palestinian violence. THE ASSOCIATED PRESS FILE

MOROCCO

ISIL group set to 'franchise' terror

Morocco's anti-terrorist unit said Monday it had broken up a militant cell that was in contact with ISIL and was awaiting an expert to come train it to manufacture explosives.

Morocco has been spared the attacks that have struck the rest of North Africa, but its security services frequently dismantle cells that are sending recruits to fight in Syria and Iraq or planning attacks locally.

"We had intelligence on the group so we reacted, it's part of the Moroccan strategy of preemptive operations — we reacted in time," said Abdelhak Khiyam, head of the country's Central Bureau of Judicial Investigation.

Three cell members were arrested Saturday in Essaouira; police said their weapons had been smuggled from Algeria and they had ammonium nitrate and sulphur to make bombs.

Mohammed Nifaoui, a member of the counter-terrorism group, said unlike other known groups that tried to travel to Syria and Iraq to train, they were going to be trained locally.

"It's a kind of decentralization of jihad, like a franchising," Nifaoui said. THE ASSOCIATED PRESS

IN BRIEF

Syrian attacks kill 26

Two car bombings, half an hour apart, killed 26 people on Monday in a predominantly Kurdish city in northeastern Syria, the country's state-owned media and activists reported, in an attack swiftly claimed by ISIL.

Among the victims of the explosions in the city of Hassakeh were a woman and her two children and several Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

ISIL said in a statement that its two suicide bombers targeted a gathering of Kurdish fighters and pro-regime militias. THE ASSOCIATED PRESS

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School a drain on parents

SHOPPING

Tab averages $3,000 to $4,500 a year, study suggests

For the Steinfelds, a family of six living in the Toronto area, buying school supplies for their daughter heading into Grade 1 wasn't as simple as shopping for a knapsack and a few pencils.

"Monster High pencils, My Little Pony erasers, Barbie-branded supplies is what she wants," says Daniel Steinfeld, a local consultant and father of four children ages 6, 3, 2 and two months. "As the kids get older, they increasingly want what's 'cool' and we do our best to try to teach them the difference between needs versus wants."

School supplies are just the onset of expenses that drain parents' pockets. Between lunches, clothes, extra-curricular activities and birthday parties, parents are likely to spend between $3,000 to $4,500 a year, according to a 2013 Fraser Institute paper.

School supplies are featured at Staples replica dorm room desk setup during a back-to-school media event in Toronto. BRIAN B. BETTENCOURT/TORSTAR NEWS SERVICE

With their two eldest children outgrowing new clothes once or twice a year, wardrobe costs the Steinfelds the most. "With such ever-changing weather in Toronto, the need for several wardrobes per kid makes the cost that much greater," adds mother Katie Steinfeld.

As children move into middle school and high school, expenses become more cumbersome, with cellphones and data charges added to the mix, says Sarah Widmeyer, managing director and head of Wealth Advisory Services for Toronto-based CIBC.

"There's a 'latte factor' that comes into play once kids start having a cellphone and start buying apps," says Widmeyer. "A few dollars on a cellphone application may not seem like a lot, but it's an attitude that can quickly grow out of hand if parents don't stay on top of it."

This is why every expense should be an opportunity to involve kids in the financial conversation, adds Widmeyer. "Without solid discussion and learning around budgeting, the differences between needs and wants, children can end up viewing their parents as a personal ATM machine."

And it can go on as children grow older. More than 50 per cent of post-secondary students will end up asking their parents for additional financial support throughout school year because they've run out of money, according to an August poll of 1,000 parents CIBC conducted. Despite this, 86 per cent of parents believe they are good financial role models for their children.

The reality is that it's tough for parents to say no when they can afford to say yes, says Patricia Lovett-Reid, chief financial commentator for CTV News. "It can be difficult to teach your kids financial tough love, especially if it comes out of nowhere."

TORSTAR NEWS SERVICE

ECONOMY

Tories balance books

The federal government posted a surprise $1.9-billion surplus in 2014-15 — bringing the country's books back into balance a year earlier than expected.

The Finance Department released year-end figures Monday for a period that was supposed to instead generate a $2.0-billion shortfall.

The number ends a streak of six deficits under the Conservatives and is certain to reverberate on the campaign trail.

The Finance Department said the $3.9-billion swing from the expected shortfall to surplus was largely due to higher revenue — from personal and corporate income taxes — that rang in $3 billion higher than projected as well as positive year-end adjustments.

The report also found expenditures were lower. Program spending was $800 million lower than forecast, while public debt charges were $100 million lower than expected.

The Finance Department noted the 2014-15 surplus follows the $5.2-billion deficit posted by Ottawa in 2013-14.

THE CANADIAN PRESS

TECHNOLOGY

Strong demand for new iPhones, Apple reveals

Preorders for its latest iPhone have been so strong that Apple expects to surpass last year's record, when it sold 10 million phones during the first weekend.

Apple began taking preorders for the iPhone 6s and iPhone 6s Plus on Saturday.

The new models, which go on sale Sept. 25, have more memory and faster processors, along with a new 12 mega-pixel camera. The phones have not gone up in price, but last year's record-selling iPhone 6 and 6 Plus models will now sell for $100 US less.

"As many customers noticed, the online demand for iPhone 6s Plus has been exceptionally strong and exceeded our own forecasts for the preorder period," Apple said.

"We are working to catch up as quickly as we can, and we will have iPhone 6s Plus as well as iPhone 6s units available at Apple retail stores when they open next Friday."

The iPhone is still Apple's most important product. Sales of the iconic smartphone contributed more than two-thirds of the company's $107 billion US in revenue during the first half of 2015.

The Apple iPhone 6s. COURTESY APPLE

The newest product from Apple arrives as smartphone sales slow globally, with so many people already carrying them. But researchers at IDC, an industry data provider, say that iPhone sales are growing faster than those of its rival, Android. IDC expects iPhone shipments to grow by 16 per cent this year, while it estimates Android phones will grow only 10 per cent.

Analysts said demand is being boosted partly by China, which is being included in the initial launch for the first time. Piper Jaffray analyst Gene Munster said he expects China to add two million units to the opening weekend.

"We believe the takeaway is that the 6S is off to a solid start and should continue to gain share at the high-end of the smartphone market," he wrote.

THE ASSOCIATED PRESS

market minute

DOLLAR
75.43¢ (-0.02¢)

TSX
13,353.34 (-108.13)

OIL
$44.00 US (-63¢)

GOLD
$1,107.70 US (+$4.40)

NATURAL GAS: $2.758 US (+6.5¢)
DOW JONES: 16,370.96 (-62.13)

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metro VIEWS

That's nuts: Thanks to a warm winter and dire drought, some California pistachio farmers are reporting up to 90% 'blanks' — empty shells with no fatty green meat inside.

EMMA TEITEL: ON MILLENNIALS AND MISTAKES

No greater deterrent exists to youth involvement in politics than the current obsession with who said what or did what on the Internet.

Would you pee into a coffee mug? And if that coffee mug belonged to a complete stranger, would you rinse it out in his or her kitchen sink sans dish soap?

Thanks to a federal election rife with bizarre scandal, these questions have been weighing on my mind lately. And I've come to an uncomfortable conclusion.

It's (remotely) possible that I, too, like Jerry Bance, the former Conservative candidate and former contractor caught urinating into a homeowner's coffee mug on CBC's Marketplace in 2012, might urinate one day in the wrong receptacle. Because like Bance and his contemporaries — Canadian political candidates who have erred on camera and online — I am a human being prone to strange stupidity.

Like Ala Buzreba, former Liberal candidate in the riding of Calgary Nose Hill who recently resigned from her post after it was revealed she made offensive comments on Twitter as a teen, I have written questionable things in a public forum (see this column).

Like Katherine Swampy, an NDP candidate running in Alberta's Battle River-Crowfoot riding, I have posted numerous regrettable photos and statements on Facebook. Swampy is in the hot seat this month for explicit comments she made on Facebook in 2011 and an Instagram photo — also outdated — in which her husband is seen pointing a gun the NDP has since claimed is a toy.

Mind you, unlike former Toronto-Danforth Conservative candidate Tim Dutaud (who, like Bance and Buzreba, has also dropped out of the race) I have never faked an orgasm on YouTube in the name of comedy. But tomorrow is another day.

It appears this election campaign is inextricably linked to a series of technology-driven scandals. And these scandals are disturbing not because they reveal a gross or grossly immoral streak in the political candidates involved, but because they foretell instant doom for anyone under the age of 30 who would like to get into politics.

CAREER DOWN THE TOILET **Like so many with indiscretions preserved online, former Conservative candidate Jerry Bance will forever be known for peeing in a homeowner's cup.**
SCREEN GRAB/CBC MARKETPLACE

Millennials — boomerang kids, ingrates, whatever the current term is for people aged 18-33 — are not universally prone to peeing in the wrong places and tweeting obscenities.

But considering that our digital trail was spawned in preadolescence, chances are that at least one of us has done one or more of these things (and worse) at some point, and that these indiscretions have been preserved, like dinosaur DNA, for eternity.

From where I sit, no greater deterrent exists to youth involvement in politics than the current obsession with who said what or did what on the Internet, especially when you said or did it in a fifth-dimension bizarro world — i.e. high school.

Couldn't a 20-something would-be prime minister purge incriminating material of herself from the Internet? I recently found a video on Facebook, in which I am obviously drunk and attempting to sing a Dubstep remix of a Hilary Duff song — a video I had no idea existed (maybe because I don't remember it happening), a video I have tried and failed to erase, repeatedly.

Missteps like Swampy's and Buzreba's will likely increase tenfold when younger generations start running for politics.

The difference though, is that when they do, good candidates — not just nutty fringe ones — will have to step away from promising careers for no other reason than that they are normal people with social lives and an Internet connection. Which is a shame because none of us, save for the truly prudish, partisan or humourless, is genuinely incensed when someone makes a stupid mistake in a public forum — a mistake that injures no one but him or herself (except in the case of Jerry Bance and the homeowner who, let us pray, did not drink out of that mug).

We could hope, of course, that there are so many Internet-driven scandals in the future that they cancel each other out; when everyone's dirty laundry is waving in the air it's imprudent to tell the person next to you he smells bad. But in case they don't, I'd like to propose a new system whereby we judge candidates not by their past mistakes but by the nature of their repentance. Given the opportunity to make things right, do they apologize sincerely and even gracefully, or do they prove to be as clueless and obnoxious as their initial sins indicated?

Are they contrite, or do they double down the same way disgraced Hydro One employee, Shawn Simoes of #FHRITP notoriety did? Chances are, had Simoes apologized immediately after City reporter Shawna Hunt called him out for being a boor, instead of suggesting she was lucky she didn't have a vibrator in her ear, his public shaming would not have been nearly as devastating, nor deserved.

Whether we like to admit it or not, clean slates are extinct. Here's to second chances.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

A 5-km hike along the highway won't make kids want to walk

Jeremy Klaszus

Kids these days need to play outside more, walk more, be more active. We hear that over and over.

But you don't get kids to walk more by forcing them to hike long distances across pedestrian-hostile terrain to get to a bus stop — never mind the school itself.

The Calgary Board of Education learned this the hard way after implementing so-called "congregated" bus stops that require some kids to walk in excess of five kilometres away from home, in some cases along busy roads without sidewalks.

Giving families unrealistic walking routes does nothing to encourage walking. It discourages it. It's counterproductive and forces people into cars.

In the words of one parent: "What used to be a 10-minute walk is now a 10-minute drive to the bus stop."

Parents rose up in protest, calling the new configuration a "nightmare." The outcry forced the board to back down last week, promising to redesign routes and shorten distances.

Interestingly, as this fiasco played out in Calgary, the U.S. Surgeon General issued a call to action for more walking and walkable communities in America, for reasons that have been outlined countless times elsewhere.

The report notes that, on average, people will walk half a mile (0.8 kilometres) to reach a destination. "When everyday destinations — such as a grocery store, a library, schools and restaurants — are located too far away from home, walking will not be a convenient option," it said. You can add bus stops to that list.

The report noted it's not only distance that matters. Community design can be a major barrier to walking."In surveys of parents, the most commonly reported barrier for walking to school was distance to school, followed by traffic-related dangers," said the report.

All of this said, I don't think parents are off the hook. Let's face it: We want it all. We send our kids to neighbourhood schools and language schools and science schools and arts schools throughout the city — and expect the bus system to keep up at little cost.

A snafu like the one we saw this month is inevitable. The entire system is out of whack, prioritizing parental choice over what's nearby, what's local. It badly needs rebalancing.

The CBE shouldn't look solely at distance when choosing routes. If kids only have to walk 1.5 kilometres, but have to cross busy roads without sidewalks, families will still balk. A walk to the bus stop should be safe. And that will get kids more active.

Jeremy Klaszus is a freelance journalist and stay-at-home dad. He tweets at @klaszus.

Rosemary Westwood will return.

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Jean-Marc Vallée wants to direct Amy Adams as Janis Joplin

Futuristic fantasy

Flesh-baring designs and technology rule at Chromat, a designer brand with fans like Beyoncé, Taylor Swift and Madonna

ALL PHOTOS: GETTY IMAGES

POWER PLAY

"We want to design clothes that a woman can run 10 blocks in," Chromat designer Becca McCharen said after the show.

Models of all sizes strutted at the Chromat show at New York Fashion Week this past weekend, donning the line's signature pieces which include bikinis, dresses, sportswear and structured cages.

"We want to design clothes that a woman can run 10 blocks in. That's always the goal: To make people feel strong and that they can do anything," said designer Becca McCharen, who is also an architect. "It's always been strong, powerful women in every field and every body size, every gender spectrum."

Black, red, blue and white dominated the collection, which also featured pieces that used Intel technology to change the shape of the garment depending on various elements such as the body temperature.

"The collection was inspired by how we can use sportswear to power the body and how we can make the body stronger through clothes," said McCharen. THE ASSOCIATED PRESS

NEW YORK FASHION WEEK

The playful buzz of spring at Kate Spade

Kate Spade's sweet ice cream truck clutch. GETTY IMAGES

Kate Spade created the chicest corner store in town for the brand's New York Fashion Week presentation.

"It's a celebration of when that spring finally breaks and you run to the bodega for your first flowers — bees are buzzing," said Deborah Lloyd, Kate Spade chief creative officer.

The presentation space was flooded with colourful flowers and guests were treated to mini bouquets of fresh cut roses along with bagels and coffee.

Models wearing bright yellows, corals and pinks held playful wicker hand bags shaped like bees, puppies and teapots.

Actress Anna Kendrick was on hand for the spring-themed soiree.

Though she's appeared in Kate Spade campaigns, the Pitch Perfect star said she's no fashionista.

"No, not at all," said Kendrick. "I always feel like I'm never really clear on some of what is going on in fashion and I like that Kate Spade is really accessible and it sort of has a sense of humour about itself. It doesn't take itself too seriously."

THE ASSOCIATED PRESS

AHOY KITSCH

Edie Parker takes funky acrylic clutches to sea

Acrylic clutch bags for the Instagram age took an oceangoing turn down in Soho, thanks to Edie Parker founder and designer Brett Heyman.

She put colourful, squiggly jellyfish, shells, hula-skirted ladies and anchors on her spring collection, mixing her signature playful acrylic with raffia, linen and wicker. And she didn't scrimp on the wordage, which some love to hate, offering Chillax, Gay and Ahoy.

Heyman's bags are all over red carpets, with her kitschier versions also drawing celebrity attention.

"This is a funkier collection," she said. "I think someone with a fearless style would be good."

Like Gwyneth Paltrow?

"She has a bag of mine that says Baller. I love that she bought that," Heyman laughed.

THE ASSOCIATED PRESS

It-Girl Squad on the catwalk

NEW YORK FASHION WEEK

Were all the top models at Diane von Furstenberg?

Talk about a girl squad.

Karlie Kloss opened it, Gigi Hadid closed it, and sprinkled in between Diane von Furstenberg's New York Fashion Week show Sunday was a who's who of the latest crop of supermodels, including Kendall Jenner, Gigi's sister Bella Hadid, Irina Shyak, Lily Aldridge and Jourdan Dunn.

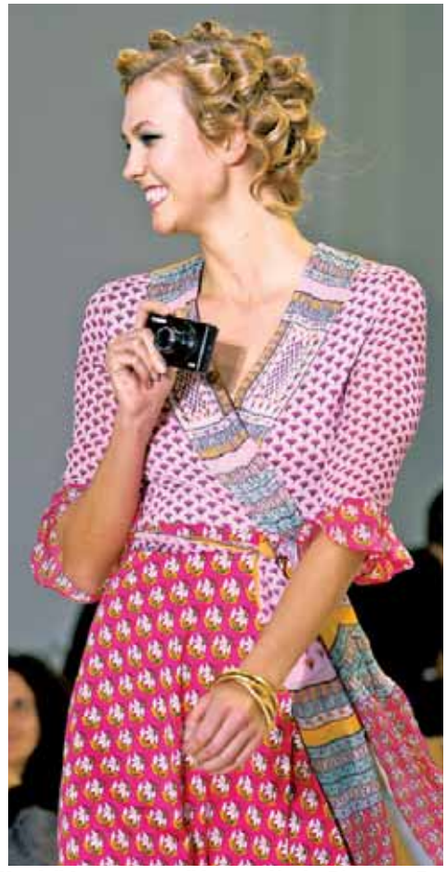
"I love women at the beginning of their life," von Furstenberg said when asked why she chose these particular models.

"This collection is about celebration of woman, beauty, freedom and nature."

The show certainly felt like a celebration as celeb attendees including Kate Upton, Victoria Justice and Tori Kelly, danced along to music by Drake and The Weeknd, whose hit, Can't Feel My Face, closed out the show (the pop singer, who is dating Bella Hadid, was also in attendance).

The collection had a 1970s nostalgic feel thanks to metallic golds, mixed prints, jumpsuits and high-waisted suits.

You could almost picture von Furstenberg dancing at Studio 54 like the days of old in all of these looks — they've just been updated for the modern woman with shades of pink, black embellished with gold detailing and white with pops of colour.



Gigi Hadid, Karlie Kloss (shown here backstage) and Kendall Jenner were all featured in the Diane von Furstenberg show at New York Fashion Week.

ALL PHOTOS GETTY IMAGES

"It's a lot about the details. It's about the patching. It's the freedom. It's the easiness. It's (for) a woman to feel like a goddess," said the famously candid designer.

She then added with a laugh: "My daughter says I have no filter. I don't want to have a filter."

Von Furstenberg said the collection was inspired by the first painting she ever bought.

She debuted her iconic wrap dress in 1974 and says the key to her longevity is reinvention and enjoying the journey.

And the designer certainly seemed to be enjoying it as she danced around the runway, once her show wrapped, greeting friends and smiling the entire time. THE ASSOCIATED PRESS

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Putting a new spin on 1950s feminine

ON THE RUNWAY

Ruffles and fringe feature heavily in Jason Wu's show

Ruffles can be flouncy and fanciful, but they can also be understated and sophisticated, as they were for Jason Wu at his New York Fashion Week runway show.

The Taiwanese-Canadian designer — who's famous for producing both of Michelle Obama's inaugural gowns — went for muted colours like forest green, rust, and trusty old black, although he mixed it up with some bright fuchsia and shiny silver, too.

The show had a mid-century feel, inspired by both furniture and photographs of the period.

Wu also favoured fringe, as in his first garment down the runway — an elegant fringed coat in that deep forest green.

Jason Wu's key colours were dark forest green, dark rust and a little bit of pink. ALL PHOTOS: THE ASSOCIATED PRESS

Backstage, Wu said he felt "very, very inspired" for this collection — by themes like mid-century furniture and the photographs of John Rawlings, a prominent fashion photographer who worked from the 1930s to the 1960s.

"I wanted to kind of put that forward in a modern way through my (own) lenses," he said.

Wu also noted that it was fun to be among the earlier shows at Fashion Week, which runs through Sept. 17.

"It's always good to be one of the first to show," he said. "I kind of feel like we kick the season off."

Among Wu's front-row fans on Friday: actress Patina Miller, a Tony winner for Pippin who's also featured in the CBS drama Madam Secretary and in the Mockingjay movies.

"I love that he just thinks of everything, you know?" said Miller, who was wearing a deep blue Wu creation.

"It's relaxed, it's beautiful, but it's always so chic and there's sort of a simple quality to the stuff that's really amazing, that I am drawn to. And I just think he gets it right." THE ASSOCIATED PRESS

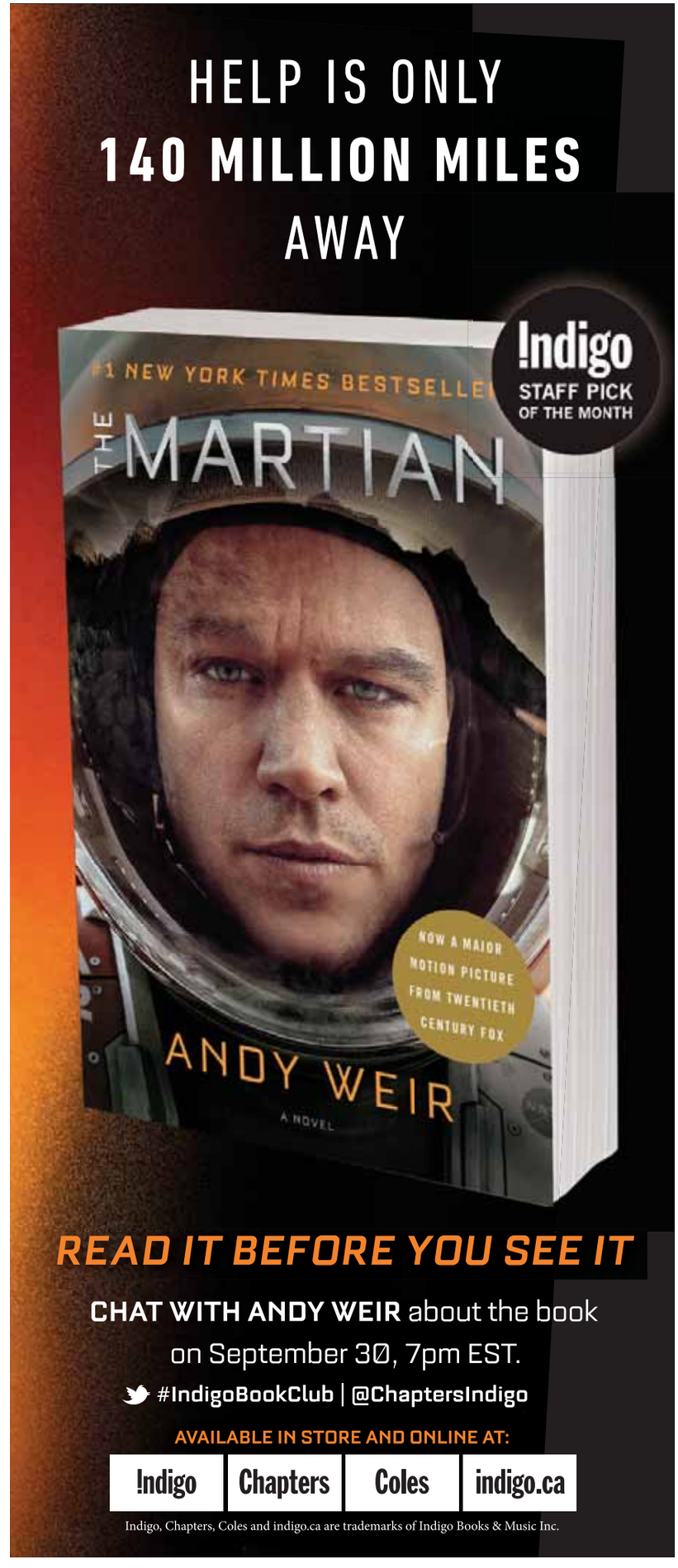
THE LOOK

An edgy take on glamour

Sophisticated style is what Jason Wu is all about.

Here are some of the highlights from his show:

- Wu called his collection "glamour" channeling the looks of the 1950s.
- Wu says he wanted a ruffle that wasn't overly "prissy" and paired the feminine look with frayed edges and fringing.
- Ruffles featured at the hems of skirts, on the shoulders and around the throat of his designs.
- Another standout was Wu's sharply tailored summer suiting with fringed micro shorts. AFP



REALITY TV

Schwarzenegger fired up over gig

We're getting less Donald Trump in our lives in at least one area, as the GOP front-runner is stepping down as host of The Celebrity Apprentice, with former California Gov. Arnold Schwarzenegger (Republican) set to replace him. No, seriously.

"I have always been a huge fan of The Celebrity Apprentice and the way it showcases the challenges and triumphs of business and teamwork," Schwarzenegger said in a statement. "I am thrilled to bring my experience to the boardroom and to continue to raise millions for charity. Let's get started!"

In seven seasons, NBC said The Celebrity Apprentice has helped raise more than $15 million for charity. Trump made the show a success, with first regular folks and then celebrities competing in business-related tasks.

Obviously, Schwarzenegger needed something to do with all that time he'll have not making a sequel to Terminator: Genisys, but really, Arnold? This is where you want to plant your flag?

There's no word on whether Schwarzenegger will replace Trump's "You're fired" catchphrase with his own "You're terminated."

Schwarzenegger in 1977. Just for fun. GETTY IMAGES

Meanwhile, Trump has been doing some dumping of his own. He has sold The Miss Universe Organization to talent management company WME/IMG only a week after he announced that he had bought out NBCUniversal's interest in the property, which includes the Miss Universe, Miss USA and Miss Teen USA pageants.

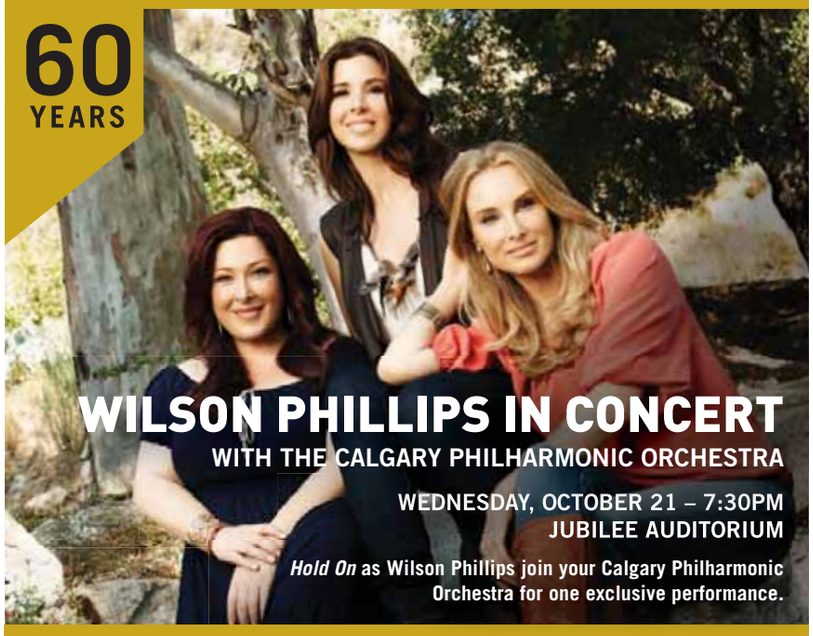
NBCUniversal's sale to the developer and GOP presidential front-runner completed a divorce begun in June when NBC said it was ending its business relationship with Trump, with whom it had been partnered in the pageant joint venture and who starred on the network's The Celebrity Apprentice.

The network decided to sever ties with Trump after comments he made about Mexican immigrants and other inflammatory remarks during his presidential campaign kick-off speech.

NED EHRBAR WITH FILES FROM THE ASSOCIATED PRESS

CALGARY PHILHARMONIC ORCHESTRA

60 YEARS



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GOSSIP BRIEFS

Page brings GF to TIFF

Ellen Page brought a date to the premiere of her new movie Freeheld on Sunday night in Toronto, marking the red-carpet debut for the Canadian actress and girlfriend Samantha Thomas.

"I'm in love!" gushed Page to E! news about her relationship with Thomas, a multidisciplinary artist.

A photographer at the premiere remarked that Thomas' hand seemed fused to Page's back, and that every turn they made to the cameras they made in perfect sync. The petite actress also seemed much more at ease with Thomas by her side, and posed with her for quite a while before quickly allowing the photographers to grab a few shots of her solo. METRO

Thomas and Page on the red carpet at the Freeheld premiere. LIZ BEDDALL/METRO

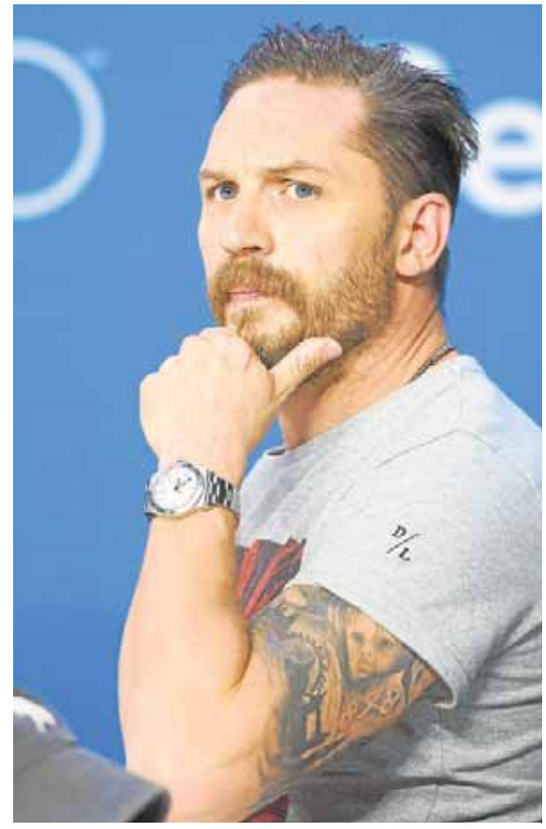
Bieber schooled by the pool

Justin Bieber, noted for always having something to prove, is facing some public embarrassment for getting schooled by pal Sam Shahidi in a beer-shotgunning contest at a pool party in Las Vegas. Just typing out that sentence means I need to get myself checked for hepatitis C.

Never one to shy away from defeat, some people's favourite Canadian posted a video of the challenge to Instagram, dismissing his failure with the caption, "I lost but I didn't go to college."

That's his excuse for everything. NED EHRBAR/METRO

GETTY IMAGES



Tom Hardy. THE ASSOCIATED PRESS

Tom tired of gay mag retread

JUNKET

Hardy is sick of explaining a misquote from seven years ago

Ned Ehrbar Metro | TIFF

> **I don't find it difficult for celebrities to talk about their sexuality. Are you asking me about my sexuality?**
> Tom Hardy

Tom Hardy is really tired of all this talk about quotes of his in a gay magazine back in 2008 that many took as an admission that he's bisexual. Like, really, really tired.

Just look at how he reacts to a pesky reporter bringing up the topic once again at the Toronto International Film Festival press conference for his film Legend, in which he plays twin gangster brothers Ron and Reggie Kray — one of whom is gay.

"In the film, your character Ronnie is very open about his sexuality but given interviews you've done in the past, your own sexuality seems a bit more ambiguous," the reporter asked.

"Do you find it hard for celebrities to talk to media about their sexuality?" What followed was a bit of a tense back and forth, starting with Hardy asking, "What are you on about?" before the journalist tried reiterating the question.

"I don't find it difficult for celebrities to talk about their sexuality. Are you asking me about my sexuality?" Hardy asked. "Why?" And then he capped it off with a curt "thank you."

LEARNING CURVE

Paws for a while to de-stress

GENE BAINES PHOTO

They're cute, they're cuddly and they love unconditionally — what's not to love about puppies?

Puppies may be the most loyal pets, and they also make great stress relief distractions for overwhelmed post-secondary students, which is why "puppy rooms" are popping up in universities and colleges across the country.

From Vancouver's Simon Fraser University to the University of Calgary to Dalhousie University in Halifax, the growing phenomenon is helping students tackle stress with pet therapy, and is becoming increasingly popular at post-secondary institutions, says Diana Segboer, Calgary's PALS (Pet Access League Society) executive director. "We go into the University of Calgary and SAIT once a month and three times a week during exams and it's so popular that people are lined up out the door and have to take turns."

The free program, dubbed "puppy rooms," popped up in Calgary about two years ago and has been a mainstay ever since. And with school underway, the program will help greet nervous University of Calgary and SAIT students later this month.

"We're finding students are stressed out for a number of reasons and it's not just because of exams. It can be about being away from home, leaving everything that is familiar and going off into a strange environment with people you don't know yet. And it can be very stressful for students who need an outlet."

Puppies are generally cute and cuddly, which is why they can help students deal with stressful situations, Segboer says.

"Nothing else matters in those moments. Animals don't judge. They're in the moment and all they care about is giving you what you need, and if at that time it's just getting close and getting a puppy hug, then that's what it is."

– Krista Sylvester

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It's never too late to make a change

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Janet Ojo and her husband were born in Nigeria and came to Canada shortly after they were married.

After the couple had settled in Lac La Biche, Alta., Ojo decided to upgrade her high school courses. The original idea was to leave her career options open, but it didn't take long for Ojo to decide she wanted to be a chef.

So she also completed various food courses through Alberta Distance Learning Centre (ADLC) in preparation for culinary school at NAIT.

Ojo completed her training and became a journeyman chef.

But once she and her husband decided to have children, Ojo began to explore careers that would allow her to spend more time with them. After a bit of research, Ojo discovered the licensed practical nursing program at college. Ojo met most of the prerequisites for the program, but needed to complete biology 20 and 30 to be accepted.

Her college recommended ADLC, and Ojo jumped at the opportunity.

With ADLC, Ojo was able to stay home with her children and still complete both biology courses within a matter of months.

"ADLC can provide adults with a chance to try out certain occupational areas in very short, workable credits to see if that occupation is right for them," says Frank McCallum, principal, ADLC.

Ojo is an inspiration for adults who want to return to school, and she has proven that it's never too late to make a change.

ADLC offers hundreds of career technology studies courses from agriculture to worksite safety. These are small, one-credit courses that would typically take 25 hours to complete for students.

"Focused on particular skills that one might find across different occupations, these courses provide a detailed exploration and assessment of a student's understanding of that particular skill," McCallum says.

"There are many, many courses covering a wide range of occupational areas that are all viewable on our website."

For more about ADLC, visit adlc.ca.

ADLC STUDENTS CAN LEARN AT 'LIFE SPEED'

Steven Morrison was an exceptional student who received high marks in all of his classes in high school.

He worked hard to complete his studies while also participating in Alberta's registered apprenticeship program (RAP), a program that allows students to begin their training in a registered trade while completing high school credits.

Since successfully completing RAP, Morrison has been working as an electrician.

His home base is in Calgary, but he travels around the province for work. After doing this for several years, Morrison was ready for a change.

He decided to return to high school and complete his 30-level sciences so he can eventually apply for electrical engineering at the University of Calgary.

While still working full time, Morrison uses his evenings to work on his chemistry 30 assignments.

The No. 1 reason students like Morrison choose ADLC is for the flexibility.

"ADLC allows students to learn at 'life speed' — students can keep their jobs, spend time with their family and still upgrade their education on their schedule," says Bryan Frechette, associate principal, ADLC.

"Students can start a course virtually any day of the year and have one full year to complete their courses while working at any time, at any place and at any pace."

SHUTTERSTOCK

Morrison says one of the challenges he has faced is finding cellphone service to call his teacher for help when he is on the road.

Thankfully, he can also connect with her through email.

"Our teachers support students through a variety of means, from old-fashioned phone calls through to email and live video chat," Frechette says.

ADLC also has campuses in Edmonton, Calgary, Lethbridge and Barrhead, where students can register for courses, receive tutorial support from certified teachers, access academic counseling and write exams.

Morrison is currently on track to attend his first year of university at the same time as his girlfriend.

He is looking forward not only to the change in career, but also to the change of pace. For more about ADLC, visit adlc.ca.

DISTANCE EDUCATION

Distance education means teaching and learning when students may not be required to be physically present at specific locations or times.

Alberta Distance Learning Centre (ADLC) is a provincial school that allows individuals to gain the education they need in an online format.

As an online school with print delivery options, ADLC believes in access to education for all students — no matter their location or schedule.

In keeping with this, ADCL provides on-demand, year-round learning opportunities for students, classroom resources for teachers, adult continuing education and upgrading, and enrichment programs for Grades 1 to 12.

More than 600 Alberta schools (and more than 40,000 students) use ADLC every year.

For more information, visit adlc.ca.

CONTRIBUTED

ABM College Hair Academy goes beyond expectations

ABM College Hair Academy inspires its students to master the art of hair design with the most thorough and up-to-date hair-styling program available.

"Graduates leave our institution ready to begin working at any high-end salon with the knowledge, skills, and confidence to be truly successful, well-rounded hairstylists," says Lisa Kempton, program director, master stylist, and hairstyling educator at ABM College.

"Our committed, certified educators possess invaluable expertise and have enjoyed long, successful careers as stylists, educators, business owners, competitors, platform artists, editorial stylists and more."

Throughout its history, ABM College has provided students with top-quality professional training, academic knowledge, and the right skill-set to meet employment market demand.

"Our educators provide up-to-date instruction and strive to ensure that you are confident in developing your skills along the way," says Kempton.

ABM College Hair academy delivers the 1,400 hour hairstylist curriculum as per Alberta Apprenticeship and Industry Training regulations through extensive theoretical classroom instruction and hands-on, practical demonstrations and experience.

"Not only does our program provide students with the skills necessary to successfully complete their government journeyman licensing exams and become professional hairstylists and barbers, our program goes above and beyond expectations," says Kempton.

Students also receive hands-on training with the public through the ABM College Hair Academy Student Salon — a full-service salon.

The next intake is Oct. 19 — with a new intake starting every two months.

For more information, visit abmcollege.com.

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Photo by Sandra Lee Photography

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Creating a future as a paralegal

Graduating from an accredited college is imperative to becoming a paralegal. While the profession offers a rewarding career path, many students are ill-equipped with the necessary tools and experience to begin.

According to a recent interview in the Globe and Mail with Judi Simms, a licensed paralegal and president of the Paralegal Society of Canada, "good legal assistants with paralegal training are in high-demand," which means students should be more rigorous when selecting school.

"Until you get more experience in the field and until you spend some time in the courtroom and until you actually get your feet wet, you're going to be pretty lost," says Simms.

"The instructor has real-world experience and examples," says Krista A, a graduate from Reeves College's paralegal program. "The staff and other students are very friendly and always willing to help out. If I did not attend Reeves College, I would not be studying paralegal."

CONTRIBUTED

In such a dynamic yet sensitive industry, paralegals need to develop and practise an extraordinary level of organization and attention to detail, skills which can be exercised in practicum placements as part of the program at Reeves College.

For more information on Reeves College's paralegal program, call 1-800-533-1457 or visit study.reevescollege.ca.

CAREER SATISFACTION A KEY REASON FOR CHANGE

While many people make career changes for financial reasons, Nicki Seidel enrolled in the medical office assistant program at Academy of Learning Career College to pursue a career for a higher level of job satisfaction.

"The health-care industry has always been a passion of mine and I have reached a time in my life where my children are older and I can pursue a career in this industry," says Seidel, medical office assistant with health unit co-ordinator diploma student at Academy of Learning.

"The medical office assistant course is a perfect choice for me because I will be working in the health-care field helping others and gaining the personal satisfaction that I have been looking for in my career for many years."

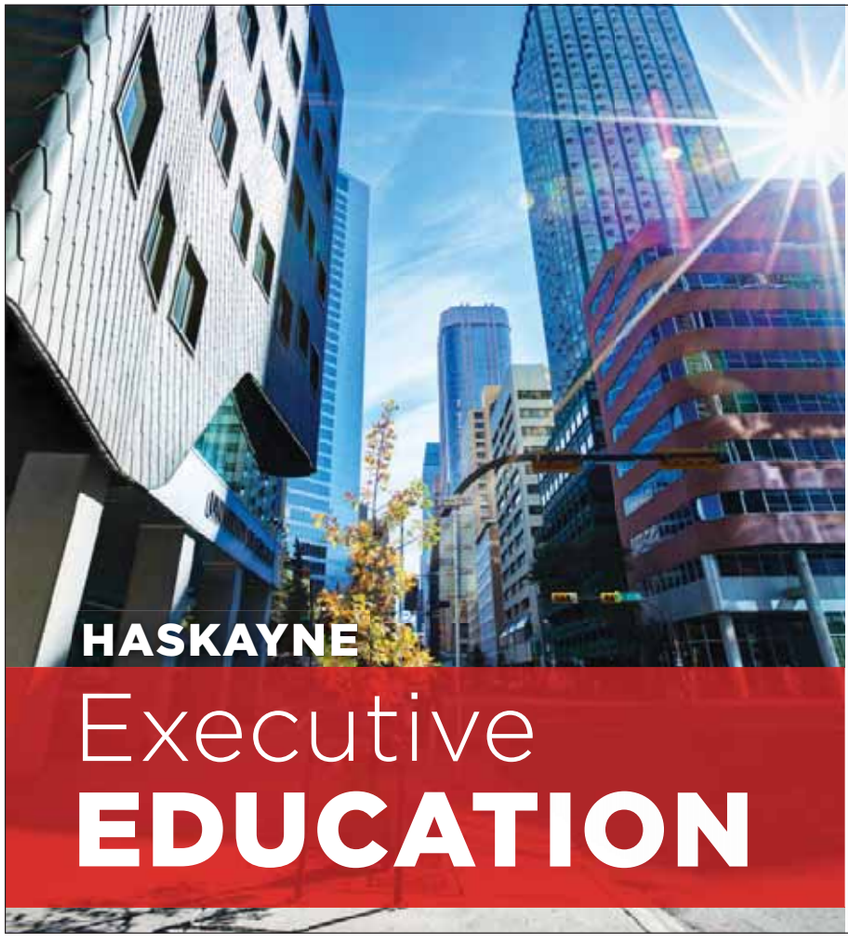
For the last eight years Seidel has been employed as an outside sales representative who earned a substantial income but lost a lot of precious time with her husband and children.

She chose Academy of Learning because they offer the specialized health unit co-ordinator portion, as well as their reputation in the field for having the best employable students. Once she completes her studies, she is hoping to work at the Cross Cancer Clinic, the Alberta Hospital or possibly the Stollery Hospital.

SHUTTERSTOCK

"I might even pursue a career as an LPN once I am in the industry, I am always interested in learning new skills and improving myself," says Seidel.

For more information, visit the website: academyoflearning.ab.ca.



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UNIVERSITY OF CALGARY
HASKAYNE SCHOOL OF BUSINESS

Support those with a mental health disorder

The community support worker program at Robertson College equips students to enter the field of mental health.

"Community support workers help people deal with personal and social problems by teaching related skills and providing information and support," says Ruth Rosvold, health care coordinator, Robertson College.

This program is for anyone interested in a career designed to support others with a mental health disorder.

Over the duration of the program, students will learn about mental health promotion and prevention, learn to help clients to develop skills and strategies for dealing with their problems, palliative care, understanding addictions, counselling techniques, and assisting with aides for daily living and safety.

"This program will open doors for many different employment opportunities, such as child/youth worker, family place worker, women's shelter worker, social agencies, group homes, to name and few," says Rosvold.

The instructors of this program are experienced and knowledgeable in the field of mental health and class sizes are kept small for students to be able to have more individualized instruction.

Robertson College also ensures that students learn in a hands-on learning atmosphere, as to better prepare them for the workplace and the challenges they will meet once they complete their program.

As a part of the program, students will participate in a three-week work practicum to gain real work experience before transitioning into a career.

Graduates of this 11-month program will be able to fill many roles and positions in a variety of organizations and with many different client populations.

This includes directly working with people with disabilities (developmental, physical), outreach programs, addictions programs, children in foster care, mental health issues, and palliative care clients being supported at home.

Classes for this program begin on Oct. 26 with limited space available.

For more information about this program, or to register, visit robertsoncollege.com.

ASSISTING WITH THE JOB SEARCH

To help students once they have completed their program, the Career services team will be available, assisting with all aspects of the job search.

Career services will provide job search coaching, which includes help creating a stand-out resume and cover letter, interview tips (including booking appointments for mock interviews), and direction on how and where to look for job postings.

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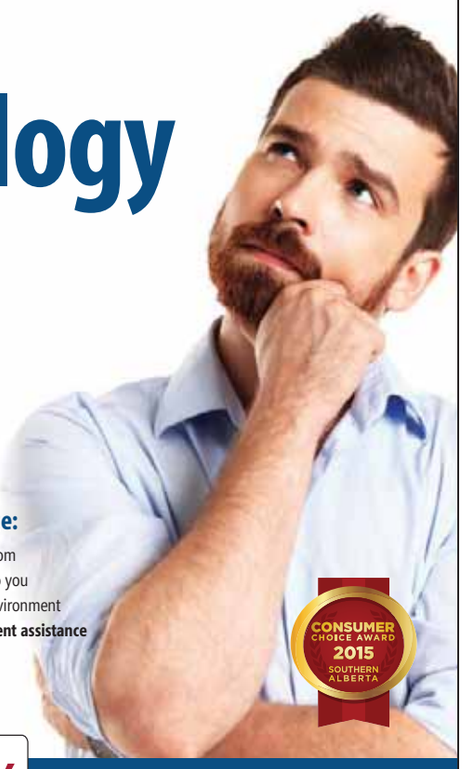

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Partnership with CLS helps ABES grads

By the end of her studies at ABES (Alberta Business and Educational Services) in the medical lab assistant (MLA) program, graduate Jacqueline O'Hara was worried whether she was going to be able to complete the extensive course load.

But now out in the real world, she is now thankful for how thorough her training at ABES had been.

"The last week of school, I found myself wondering how I was going to finish everything, but as soon as you hit 'the real world' you are grateful for all the pokes you had to complete," says O'Hara.

"The amount of pokes that are required before they send you out of practicum really helped."

Without the help of the staff and instructors at ABES, O'Hara says she might be not be as prepared for the workplace as she is now.

"My school experience at ABES has been amazing," says O'Hara.

"All the teachers and staff have been amazing help and support through this very short, jam-packed experience."

In partnership with Calgary Laboratory Services (CLS), this full-time program prepares graduates for work in hospitals, patient service centres, and clinical laboratories.

This program was designed to help solve the shortage of MLAs in the industry after being approached by CLS.

"As a result of successfully addressing their issues, we have remained partners ever since," says Julie Wright, campus co-ordinator, ABES.

"This relationship has been very advantageous for our students, because it allows our program to grow with the times, and to develop the most current techniques and skill sets necessary for success in the field."

This partnership with CLS for the MLA program means that students have the opportunity to form a professional relationship with CLS — the largest employer for MLAs in Calgary and the surrounding areas.

"Because of our close working relationship with CLS, graduates of this program are streamlined into the work force; 95 per cent of MLA graduates from (ABES) are employed upon or before graduation," says Wright.

Although the majority of grads work for CLS, the MLA program does not limit them to this company.

For more information, visit abes.ca.

Your bookmark for textbook savings

SHUTTERSTOCK

For many students, a penny saved is a penny earned and that couldn't be more true than when it comes to purchasing school textbooks.

As one Toronto university student revealed in a blog, students often spend more than $1,500 to $2,000 on textbooks over a four-year degree, which is a lot of money.

That's why university and college book exchanges are so popular — and important — says University of Winnipeg economics student Marcel Reyes.

"I search most all of my course books at book exchanges to bring down my costs," he says. "I won't find all of them, of course, but it definitely helps. It's really easy and sometimes students leave their old tests or notes to give you some extra studying materials. Plus, sometimes you meet cool people you might become friends with."

The student-run Toronto University Students' Book Exchange (TUSBE) is a popular destination for Toronto students who want to save money or just find books they need while meeting like-minded students and promoting a sense of community. Established in 1998, the service is now the largest book exchange in Toronto, with more than 75,000 books for sale.

And it's not just textbooks that students seek out. Used book stores such as Toronto's Book Exchange have been around for a long time and while they may not carry many textbooks, they do have literature that students often need for English courses, says owner/operator Tom Colson.

"We have a large variety of literature and other books, which often prove popular with students," he says, adding he pays cash or credit for used books, which is a good way for students to make extra cash. "People bring books in all the time and I'll make them an offer." – *Krista Sylvester*

NATIONAL BOOK EXCHANGES

Check out the following websites for book exchanges: books4exchange.com; textbookexchange.ca; and bookmob.ca.

CONTRIBUTED

Business training with an industry advantage

CDI College's business administration management program provides students with a comprehensive training program that combines theory with practice so that students can obtain the on-the-job experience they need to become competent and reliable professionals in the industry.

"What inspired me was the chance of owning my own business one day and having the knowledge to back me up to make me more successful," says graduate Terri D. "Hands-on practical training is the best way to go. You don't just have a book in front of you telling you what to do, you actually know what to do."

The business world is constantly evolving, which is why CDI College's business programs are regularly reviewed and revised by industry experts to ensure students are receiving the most relevant training. Instructors at CDI College are also seasoned professionals, allowing them to share their personal experiences and insight with students.

"I now have bigger goals and the education to achieve them," says graduate Angelena N. "I would definitely recommend this program to other people looking to start a career in my field."

For more information on CDI College's business administration management program, call 1-800-360-7186 or visit study.cdicollege.ca.

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Investing in your development is key to your future

Some argue that this economic down cycle is driving a substantial and fundamental change in Alberta's competitive position in global energy markets.

The one thing that you can guarantee is ongoing uncertainty.

"So rather than think about the economy picking up, your focus needs to be on being the smartest, best prepared professional who has the resilience and forward looking mentality to capitalize on opportunities as they arise," says Hugh Evans, director, executive education, Haskayne School of Business, University of Calgary.

"Investing in your learning and ongoing professional development is key to being well-placed whatever the future throws at you."

The Haskayne School of Business can help in a number of ways.

Firstly, you can visit Haskayne at the downtown campus for a one-to-one consultation with one of the learning consultants.

They can guide you through the program options that you might like to consider.

Secondly, they have a unique way of packaging their open enrolment programs called UDevelop Leadership — a customizable, convenient program bundling service for busy leaders to build their leadership portfolio.

"UDevelop now offers you the opportunity to create your own custom leadership path to realize your goals and become a well-rounded leader," says Evans.

"You can choose from programs in personal, team and organizational leadership."

Your chosen programs will expose you to advanced principles and business models and facilitate the real-time application of theories and practices.

Further, Haskayne programs are designed to provide you with the tools to create your competitive advantage and realize results.

As an additional bonus, UDevelop Leadership bundling (totaling a minimum of 24 hours) will make your company eligible to receive the Canada-Alberta Job Grant which can fund up to two-thirds of your program costs to a maximum of $10,000 per individual or $300,000 per organization, per year.

"And finally, we have extended our course offerings to cover new topics including lean thinking, supply chain management, business innovation," says Evans. "We are also introducing online learning delivery to make this vital education more accessible to time-pressured professionals."

For more information, visit haskayne.ucalgary.ca/executive.

Turning a dream into a reality

Continuing Education photography student turns his passion into a booming business

Photography is the art of capturing light. For Mount Royal University Continuing Education graduate of the photography certificate of completion, Kerim Aktug has made a career out of capturing light in appealing and interesting ways.

"Going from being an amateur with a camera one day hoping to have his own business in photography, to actually becoming that professional business owner, well there is nothing else like it," says Aktug.

"I have taken a dream and made it a reality; I went from being Kerim, the friend with the camera to Kerim, owner of SeyeCO Images, your cosplay and convention photographer and Kerim Photography, capturing your special day and loved ones and teaching the next generation."

Aktug has always had a passion for photography, but never had the time for a full course load. MRU's courses were perfect for his busy day-to-day lifestyle.

"The courses offered at MRU brought a new light to my knowledge in photography," says Aktug. "The instructors showed me an in-depth look into this world that I wanted to be part of, that with their guidance and knowledge I was finally able to become the photographer I am today."

Despite having completed the program, Aktug continues to learn from his instructor Tracy Elliot, by acting as Elliot's assistant.

Aktug says the programs offered at MRU prepared him to show that he had the knowledge and professional training to work with my various clients.

"The most useful part of the program was the practical hands on approach the instructors use," says Aktug.

"Nothing shows you photography better than when you hold your camera and try it."

Aktug encourages anyone with an interest in photography to enrol.

"The best part is that you get to work with professional photographers that have been in the business for years and they are sharing their knowledge with you, showing you styles you probably never though you could do or would ever try," says Aktug.

For more information about the photography certificate of completion at MRU, visit the website: conted.mtroyal.ca/photography.

CONTRIBUTED

Community investment a key function for corporate Canada

An effective community investment strategy aligns with a corporation's business goals and positively contributes to the communities in which it operates.

The new community investment professional certificate offered at Mount Royal University through Continuing Education, will help professionals understand how to design and execute a company's community investment strategy effectively and efficiently in a way that promotes and builds its brand, inspires its employees and enhances the community.

"Community investment creates pride in how a company is investing and involving itself in important community issues, especially ones that are relevant to the employees and the business," says Jocelyne Daw, founder and CEO of JS Daw & Associates and one of the course developers for this new program.

CONTRIBUTED

This online program covers the important community investment business function that is now an integral part of business strategy.

"A company is not outside of society," says Daw.

"Today companies are expected to be fully participating members with rights and duties, a corporate citizen — and as a member of society, a company has community responsibilities for not just making profits but for giving back to society and contributing in a meaningful and relevant way."

This program will provide the tools and resources to help build strategic community investment programs.

It will use a variety of approaches to learning including: recorded lectures and other videos, readings, facilitated online class discussion and presentations, case studies, and self-reflection.

The certificate includes four courses — the purpose and meaning of community investment; the nonprofit landscape and partnerships; designing a community investment strategy and program; and implementing the community investment strategy. The program has been designed for professionals with zero to five years of experience working with companies and their community investment programs.

This program has been developed in association with Mount Royal's Institute for Community Prosperity. For more information about this new program, visit the website: conted.mtroyal.ca/communityinvestment.

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New program helps first year students

New school year, new school — and you are not alone.

At St. Mary's University, they have developed the brand new, first-year experience program to help new students set themselves up for success from day one.

"Focusing on the whole person: Mind, body and spirit, the first year experience program consists of multiple committed professionals, events, programs, and services designed to enhance our students' academic journey, supporting them in their transition to university," says Rafael de la Peña, director, learning centre, St. Mary's University.

"Some are designed especially for first year students and some are available to all students on campus and have a special focus on first year students."

To kick the program off, St. Mary's will be hosting a number of events as a part of the first week showcase.

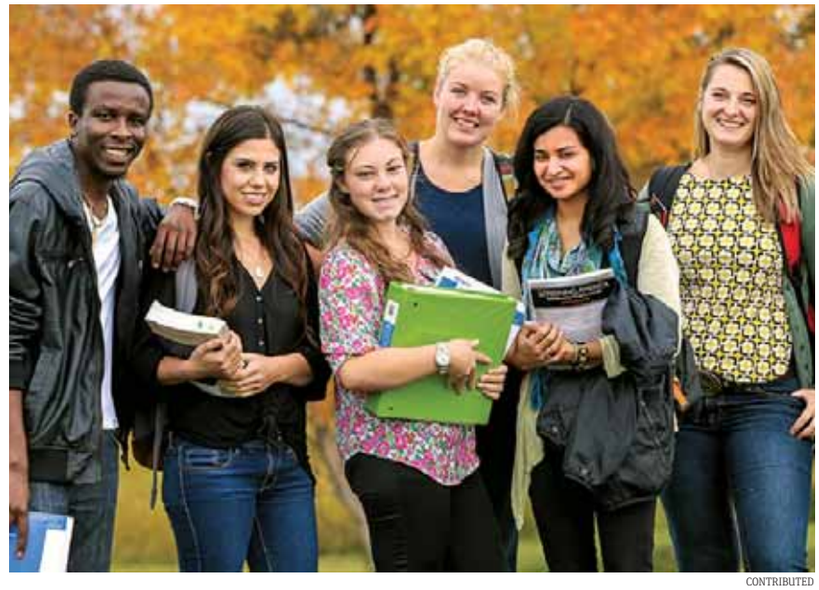
These events include morning coffee events in the LeFort Café and the learning centre, free group exercises, note taking seminars, and other seminars designed to get students off on the right foot at St. Mary's.

"The first two semesters are critical to complete the transition to university in a way that academic skills are strengthened while students also focus on their whole wellbeing," says de la Peña.

For students looking to make a smooth transition from high school to university, the AWI (Academic Writing Institute) offers the chance for students to learn how the writing styles in university are different and adjust to the academic expectations.

The peer mentoring programs offer a chance to have peer-to-peer interactions by pairing new students with other students to go over their academic work.

And the success strategy series is a series of seminars that allow students to become accustomed to the resources and materials that are offered — skills that important to learn in university are also taught in this series.



CONTRIBUTED

De la Peña says that because St. Mary's is a relatively small institution, most services are either drop-in or easily arranged via email.

Also, the learning centre has an online scheduling system where students can reserve a spot for most of its services.

For more information about this new program or about St. Mary's University, visit stmu.ca.

UNIVERSITY OF CALGARY
CONTINUING EDUCATION

Business Seminars

This fall, take these seminars on their own or toward the Certificate for Emerging Leaders. Sessions run from 8:30 am to 4:30 pm. Enrol early.

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Kerri Gilders. Graduate.

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Oct 27 - 29 | $765 + GST

Fundamentals of Supervision
Course: BUS 146
Nov 2 - 4 | $795 + GST

Navigating Through Ethical Decisions
Course: BUS 261
Nov 5 | $355 + GST

Financial Analysis and Planning for Non-Financial Managers
Course: BUS 120
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Creative Conflict Resolution: Making the Most of Differences
Course: BUS 112
Nov 16 | $355 + GST

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Course: BUS 212
Nov 16 - 17 | $589 + GST

Developing High Performance Teams
Course: BUS 281
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Course: BUS 275
Nov 23 | $355 + GST

Meeting the Challenge of Leadership
Course: BUS 140
Nov 25 - 26 | $589 + GST

Writing Winning Proposals
Course: BUS 245
Dec 3 | $355 + GST

Succession Planning: Developing Leaders From Within
Course: BUS 274
Dec 9 | $355 + GST

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Do Less and Achieve More: Zone of Optimal Performance
Course: BUS 109
Oct 5 and 7 | $589 + GST

Time Management
Course: BUS 111
Oct 6 | $355 + GST

Composing Your Life: Strategies for Success
Course: BUS 217
Oct 8 | $355 + GST

Emotional Intelligence
Course: BUS 127
Oct 14 | $355 + GST

Dealing with the Difficult Conversation
Course: BUS 128
Oct 15 | $355 + GST

Energize Your Workplace: Inspiring and Motivating People
Course: BUS 144
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The Decisive Leader
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Get Organized! Improve Your Workflow and Boost Your Productivity
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Nov 17 | $355 + GST

Confidence in Communication
Course: BUS 219
Nov 18 | $355 + GST

Facilitation Skills
Course: BUS 134
Nov 19 - 20 | $589 + GST

Conquering Your Fear of Public Speaking
Course: BUS 265
Nov 21 - 22 | $589 + GST

Mastering Work and Life Satisfaction
Course: BUS 282
Nov 23 - 24 | $589 + GST

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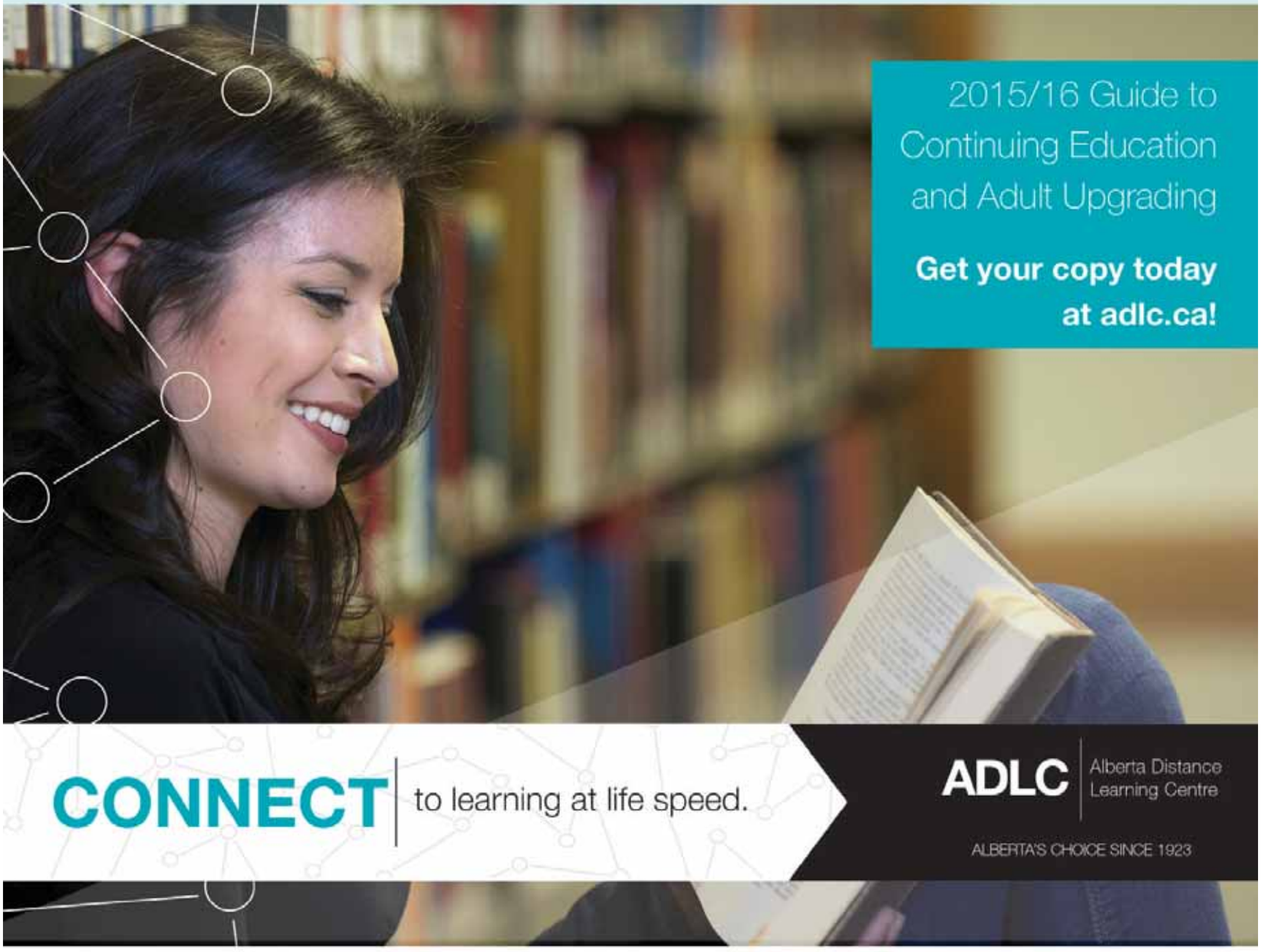

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Bow Valley College's open house Oct. 17

On-site child care available

The annual Open House Day at Bow Valley College is one of the best opportunities for people to learn more about BVC.

"The Open House gives a much richer opportunity to learn about the college as you get a chance to meet college faculty and staff, see firsthand what it feels like to be on campus, and see what the college has to offer," says Charles Pankratz, registrar and director of enrolment services at BVC.

"People find that when they talk to college faculty and staff face-to-face, they get more comprehensive information and feel more confident to make their decisions about attending programs."

The Open House Day is set to take place on Oct. 17, from 10 a.m. until 3 p.m. at the downtown campuses (345 6th Avenue Southeast), conveniently located right on the C-Train line.

The open house allows perceptive students to stop by and find out about exciting career programs in administration, business, health care, human services, and justice.

"Students find BVC to be a college that really cares about its students and puts a lot of effort into providing students with the support they need to be successful," says Pankratz.

"The college's programs prepare students for careers that are in high-demand and lead to excellent employment opportunities. In fact, 92 per cent of BVC career-program graduates gain employment in their field of study within six months of graduation."

While attending the Open House, individuals can learn more about BVC programs, apply for admission, and take a campus tour of the state-of-the-art buildings.

Faculty and staff are there and available to talk about the programs the college offers and answer people's questions.

There will also be many other staff there to give information about the services that are available to students.

Childcare is available so that parents can make the most of their time at the Open House.

Childcare is provided by the YWCA Childcare Centre at BVC and is also available to volunteers of the event.

For those that apply to a program at the Open House, they get a chance to win $1,000 tuition reimbursement or an iPad.

For more information about the open house, visit bowvalleycollege.ca/openhouse.

The importance of continuing education

Driving to work in the mornings a couple of years ago, Gerardo Arzola repeatedly passed a billboard promoting University of Calgary continuing education.

It was a daily reminder to consider the benefits of extending his education.

"Taking the program was a very good experience for me," says Arzola, a recent graduate of the database administration certificate.

"Now I know I have the right tools for my work and that I'm up to date. It gives me more confidence at work."

Having immigrated from Mexico in 2010 with his wife and two children, Arzola believed a credential from University of Calgary could be helpful for his career in Canada.

Although it had been hard to find a job at first, he happily settled in an IT position for a grocery store chain.

It was important to Arzola that his classes not conflict with his work or family commitments, so he was pleased to discover that he could take evening courses, both in-class and online, in the information technology field.

"It took one year for me to complete the program," he says.

"But I was able to use the information I was learning right away at work."

For many students like Arzola, finding the time to fit school into an already full and busy schedule can be difficult, so the continuing education courses offered through the University of Calgary have been designed to meet the needs of busy individuals who are unable to attend classes from Monday to Friday during the nine to five hours.

University of Calgary continuing education has an array of computer and business technology certificate programs ideal for people looking for a career boost or shift in the IT field.

Certificate programs are available in: business intelligence, database administration, document management, front-end web development, graphic design, integrated digital media, IT fundamentals, .NET development, office applications and video production.

Gerardo Arzola, UCalgary continuing education graduate, certificate in database administration.

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For more information on the computer and business technology courses and certificate programs offered through University of Calgary continuing education, and a wide array of other courses and certificates, go to conted.ucalgary.ca.

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Everyone learns differently. Teachers are challenged with all types of students and large classrooms and it is very difficult at times for them to provide the individualized attention that they would like to each student.

This is where Tutor Doctor can help. They provide one-on-one educational support to students of all ages and in all core school subjects in students' homes based on their schedules and preferences.

"We see ourselves as a partner with them to help everyone be successful at school by providing the one-on-one support kids (and adults) need at home," says Danielle Coulter, P. Eng, MBA, owner and educational consultant, Tutor Doctor Calgary.

If you have the need — Tutor Doctor will customize the program for you to fit that need.

"We have students as young as two years old, all the way up to a senior who is now learning to read and write English who is 86," says Nicelle DePatie, owner/educational consultant, Tutor Doctor.

Many students require extra help just to pass and many more need extra help in order to maintain very high standings or make it through to the university of their choice.

"Our individualized caring support and mentorship, provided by our carefully selected tutors, contributes to the success of our fellow Calgarians," says Yossi Suissa, franchise owner, education consultant, Tutor Doctor.

To learn more about the services available through Tutor Doctor, visit the website: tutordoctorcalgary.com.

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Dental administrators are vital to the team

Walking into a dental office can be a terrifying task for many people, but being greeted by a smiling face can help to ease the anxiety.

As a dental administration professional, you are the first person patients see when they walk through the doors and the last ones before they leave — making these professionals vital to any dental team.

The dental administration professional certificate program at Columbia College is a 25-week program focusing on the administration side of the dental profession.

"Students will engage in dental specific courses as well as common professionalism classes, basic computer training and a practicum in the final weeks of the program," says Carey Thomson, chair, dental health department, Columbia College.

"This program has been designed for learners of all ages (over 18) including anyone interested in the dental field, yet not wanting to commit to the demands that dental assisting may bring."

The role of the dental administration profession is to support the dental team in a variety of ways. Students will learn about dental charting, dental anatomy, dental insurance, appointment book scheduling, financials, Dentrix computer software training, and professionalism, among many other topics within each course.

CONTRIBUTED

Once students have successfully completed the program, they may go on to pursue a variety of careers in the dental health field.

The start date for this full time program would be Jan. 4, 2016 (pending interest in the program). For more information, visit the website: columbia.ab.ca.

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metro SPORTS

Paul Pogba and Juventus travel to Manchester City as UEFA's Champions League group stage gets underway today

Jones pair helps Falcons fly higher than Eagles

NFL

Hot wide receiver picks up where he left off last season

MONDAY In Atlanta

26	24
FALCONS	EAGLES

Julio Jones had 141 yards receiving and two touchdowns, Matt Ryan shook off a pair of interceptions, and the Atlanta Falcons came back to beat the Philadelphia Eagles 26-24 Monday night after squandering a 17-point halftime lead.

Ricardo Allen's interception off a deflected pass sealed the victory with 1:11 remaining, giving Dan Quinn an upset victory in his first game as Falcons coach. The Eagles missed a chance to go ahead when Cody Parkey missed a 44-yard field goal with 2:27 to go.

"Our defence stepped up at the end of the game," Ryan said. "Ricardo has worked so hard."

Coming off the best season of his career and with a lucrative new contract, Jones dominated the Eagles' revamped secondary as the Falcons raced to a 20-3 halftime lead. It could have been even more if not for Kiko Alonso's dazzling one-handed interception while falling backward in the end zone.

Ryan had another interception on the first possession of the second half, turning the momentum in Philadelphia's favour. The Atlanta quarterback finished 23 of 34 for 298 yards.

Sam Bradford, in his first regular-season game in nearly two years and making his debut for the Eagles, was 36 of 52 for 336 yards. But Philadelphia's much-hyped running game, led by newcomer DeMarco Murray, was largely a bust.

After leading the NFL with more than 1,800 yards rushing in Dallas last season, Murray was held to nine yards on eight carries. Ryan Mathews had only four yards, while Darren Sproles led the way with 50 yards on the ground.

Coach Chip Kelly's up-tempo offence looked unstoppable in the pre-season but bogged down in the first half against the fired-up Falcons, who hope the energetic Quinn can turn things around from a 10-22 showing the last two seasons under Mike Smith.

Other than a 69-yard drive that led to a field goal, the Eagles generated just 56 yards on their other seven first-half possessions. Jones, on the other hand, was unstoppable hauling in eight passes for 97 yards before halftime, including touchdowns of four and 22 yards. The Eagles clamped down in the second half, but Jones finally got loose for his only catch after the break — a 44-yarder that set up Matt Bryant's winning field goal from 47 yards with 6:27 left. Bryant also connected from 41, 39 and 44 yards. It didn't take long for the Eagles to capture the momentum after halftime.

THE ASSOCIATED PRESS

> **Our defence stepped up at the end of the game. Ricardo has worked so hard.**
> Falcons QB Matt Ryan

Falcons receiver Julio Jones scores a touchdown against the Philadelphia Eagles during the first half at the Georgia Dome on Monday in Atlanta. KEVIN C COX/GETTY IMAGES

Jake Virtanen GETTY IMAGES

NHL

McDavid hit signifies Virtanen's intent

Michael Ferland hit everything that moved in the Calgary Flames' first-round playoff defeat of the Vancouver Canucks last season. Jake Virtanen took notice from afar.

"He was in the guys' heads," Virtanen said of the bruising Flames forward. "He was a big factor in that win just being physical, wearing guys down."

The sixth overall pick at the 2014 draft, Virtanen wants to bring a similar style — as well as his scoring touch — to the NHL this season with the Canucks, who could be in need of both after many Western Conference teams reloaded this summer.

The 19-year-old demonstrated some of that physicality at the Young Stars rookie tournament, levelling Edmonton Oilers phenom Connor McDavid and defenceman Darnell Nurse with crunching checks on Friday night in the showcase event that also included prospects from the Calgary Flames and Winnipeg Jets.

The hit on McDavid — who along with Nurse was Virtanen's Canadian teammate at the world juniors — drew the ire of the Oilers, but the Vancouver prospect said that's an important part of his game. "I know (McDavid) pretty well," Virtanen said with a smile. "It's pretty funny. I told him I was going to give it to him when I saw him in Toronto a couple of weeks ago."

> **It's pretty funny. I told him I was going to give it to him.**
> Jake Virtanen referring to his check on Connor McDavid

The six-foot-one 212-pound winger from Abbotsford, B.C., missed the beginning of last season because of shoulder surgery, but still managed to put up 52 points (21 goals, 31 assists) in 50 games with the WHL's Calgary Hitmen before adding 13 points (five goals, eight assists) in 14 playoffs outings.

Virtanen then joined the AHL's Utica Comets, recording one assist in 10 post-season games.

THE CANADIAN PRESS

IN BRIEF

Manning admits mistake

Eli Manning is taking the blame for two late blunders that led to the New York Giants' collapse against the Dallas Cowboys.

After losing track of Dallas' timeouts, Manning says — on his own — he told halfback Rashad Jennings not to score on two consecutive plays when the Giants had a first down at the Cowboys four-yard line with 1:54 to play. The Cowboys won 27-26 on a last-minute TD.

Manning believed Dallas had one timeout remaining when it had two. Jennings had runs of 2 and 1 yard to the Dallas 1 when Manning made his second mistake. He threw the ball away on third down. He admits he should have taken a sack and milked the clock.

Josh Brown's field goal gave the Giants a 26-20 lead with 1:34 left, but Tony Romo drove the Cowboys to a winning touchdown with seven seconds left.

THE ASSOCIATED PRESS

$4 billion

The Dallas Cowboys are the most valuable sports franchise in the world at a worth of $4 billion, according to Forbes magazine.

THE ASSOCIATED PRESS

Flames sign Swedish defenceman Andersson

The Calgary Flames have signed defenceman Rasmus Andersson to a three-year, entry-level contract.

Andersson was Calgary's first pick in this year's NHL draft at 53rd overall in the second round.

The six-foot, 212-pound defender from Malmo, Sweden, turns 19 in October. Andersson had 12 goals, 52 assists and was plus-14 in 67 games for the Ontario Hockey League's Barrie Colts last season. He also contributed a goal and three assists in nine playoff games. Over two seasons with the Swedish Elite League's Malmo Redhawks prior to joining the Colts, Andersson had six goals and 18 assists in 81 games.

THE ASSOCIATED PRESS

RECIPE Moroccan Couscous with Apricots, Dried Cranberries and Almonds

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 7 minutes

Ingredients
- 1 cup couscous
- 1 cup water or stock
- 2 tsp oil
- 1 cup diced onion
- 1 cup diced red pepper
- 1 1/2 tsp minced garlic
- 1/4 tsp cinnamon
- 1/4 tsp cumin
- 1/4 tsp ground ginger
- 1 cup canned chick peas, drained and rinsed
- 1/3 cup dried apricots, diced
- 1/3 cup dried cranberries or raisins
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 tsp grated lemon zest
- Salt and pepper
- 1/4 cup chopped cilantro
- 1/3 cup toasted slivered almonds

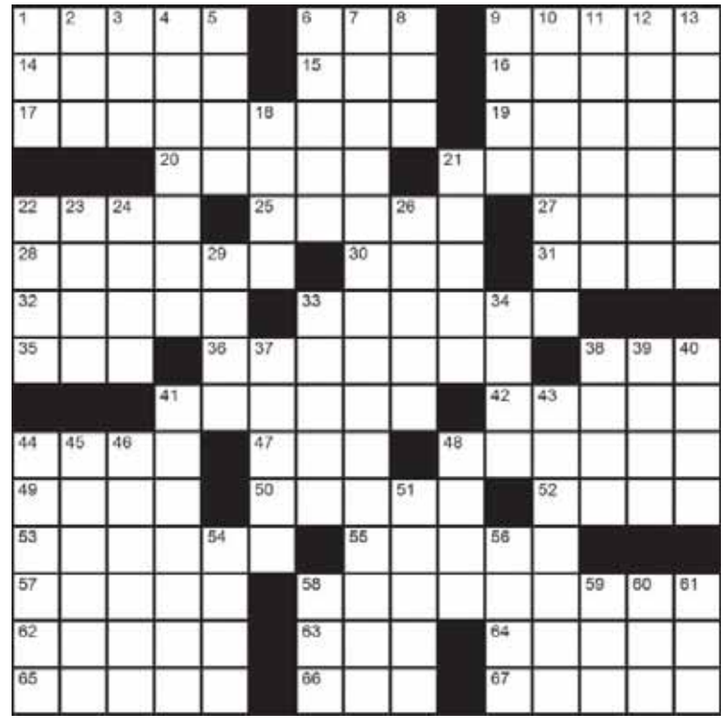
Directions
1. Bring water or stock to a boil. Add couscous, mix, remove from heat and keep covered for five minutes. Add to serving bowl.
2. Meanwhile, in a small skillet, heat 2 tsp oil. Add onion and sauté for five minutes. Add red pepper, garlic, cinnamon, cumin and ginger and sauté for two minutes. Add to couscous along with chick peas, apricots, cranberries, olive oil, lemon juice and zest, salt and pepper and cilantro. Garnish with almonds.

Nutrition per serving (recipe serves 6)
- Calories 260
- Protein 7 g
- Carbohydrates 40 g
- Fibre 7 g
- Total fat 10 g
- Saturated fat 1 g
- Cholesterol 0 mg
- Sodium 50 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Vaulted church recesses
6. Ms. Gardner
9. Irene who Sherlock Holmes admired
14. Georges Bizet's operatic priestess
15. Zilch
16. Family member
17. Counterparts/ analogues
19. Land stretch
20. Motionless
21. Not married
22. Help the criminal
25. Bounded
27. Union payments
28. Actor, Joseph Gordon-__
30. Long-snouted fish
31. For fear that
32. __ pad (Office item)
33. Entrapments
35. Canoe implement
36. Clever retort
38. "Chandelier" singer
41. Ready information for Internet display
42. Dithers
44. Saint-Louis-du-__! _! (Quebec municipality)
47. Patch up
48. Money, informally
49. Urgent situation [abbr.]
50. Top rate
52. Meddlesome [var. sp.]
53. Miami baseball player
55. Condemns
57. Michael Keaton's stay-at-home-dad comedy: 2 wds.
58. Wild carnivorous hybrid canids that are highly adaptable and are known to secretly dwell in cities and suburbs as well as the country
62. Put into law
63. Wonderment
64. Skincare brand
65. 'Fire Music': Current album by Canadian hard rock band __ Jones
66. '60s hallucinogen
67. Shapewear brand

DOWN
1. Mount
2. The Princess and the __
3. Lady's love
4. Springy stuff in skin
5. Pretzel particle
6. Anoint, olde-style
7. What the NWT community of Deline became known as after men from there (who worked as porters for the uranium mine at Port Radium during WWII) died from cancer: 3 wds.
8. Mr. Gore's
9. Opposing
10. Full skirt styles
11. 'L' of MLB
12. The Hollies' "Jennifer __"
13. Check once more
18. Cheerful tune
21. Prance
22. Additionally
23. __-Carotene
24. By any chance
26. "Crazy" singer Ms. Cline
29. Ruptured
33. Sales pitch
34. Currency in Chile
37. Norwegian playwright Henrik
38. Fodder structure
39. "Count __ __ a blessing."
40. Greyish
41. Malefic magic man, maybe
43. __-__ shower mat
44. Shortened, as pants
45. Egypt: Ancient cuneiform excavation site near the Nile River
46. Lily Munster's hubby
48. Cat call
51. Considered
54. "For __ __ be Queen o' the May, mother..." - Tennyson
56. Criminal associations
58. Li'l dietary number
59. U.S. gov. radio service
60. 'East' suffix
61. "__ and the City"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be convinced that a course of action is correct but the strength of someone's opposition will make you second guess it. Maybe you should give it a bit more thought.

Taurus April 21 - May 21
An opportunity to improve a partnership or relationship could be missed. Focus on it to the exclusion of everything else. Career issues and money matters may seem important but in the greater scheme of things they don't count for much.

Gemini May 22 - June 21
If you have a favour to ask, now is the time. Everyone wants to help you today. You would be foolish not to take advantage of it.

Cancer June 22 - July 23
If what you previously thought was a brilliant idea has come to nothing, abandon it. You may be tempted to give it another go but is it worth it? Probably not.

Leo July 24 - Aug. 23
A light-hearted approach is called for today, especially if you tend to get uptight about things over which you have no control. Whether you laugh or cry the outcome will be the same.

Virgo Aug. 24 - Sept. 23
You will find it almost impossible to get started today. For a workaholic like you this may be worrying but remember, it's not the quantity of work you get done that matters but the quality. Do just one thing really well.

Libra Sept. 24 - Oct. 23
Something you thought was a permanent part of your world will disappear today but there is no need to feel sad. By creating space in your life you will encourage something even better to come in and fill it.

Scorpio Oct. 24 - Nov. 22
You may be unaware that someone is annoyed with you but you're about to find out. If a loved one or work colleague gives you a hard time today — was it something you said or did?

Sagittarius Nov. 23 - Dec. 21
Try not to be so self-critical. If something has not worked out the way you expected it to, well, that's just the way it is. You may have failed but it's all good experience.

Capricorn Dec. 22 - Jan. 20
Jupiter in the wealth area of your chart puts you in a strong position where finances are concerned. If a deal has to be made you should be the one calling the shots — and making the most profit.

Aquarius Jan. 21 - Feb. 19
A disappointment may be hard to take but the pain will fade eventually. There are still plenty of things that inspire you, so pick one and throw yourself at it body, mind and soul.

Pisces Feb. 20 - March 20
There are so many serious things going on around you that others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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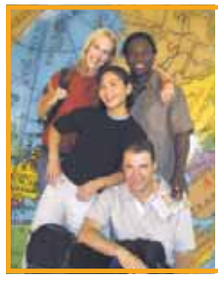
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ALLOY WHEELS, LOW KMS, SPORT MODEL DEALERSHIP MAINTAINED!

2014 NISSAN PATHFINDER PLATINUM PREMIUM

SNP1514A

SALE PRICE

$38,998 $294 BI-WEEKLY 3.9% FOR 72 MO.

NAVIGATION, PANORAMIC SUNROOF, DVD.

NISSAN

CERTIFIED Pre-Owned

RATES AS LOW AS **1.9%**

ON CERTIFIED PRE-OWNED VEHICLES

WE ALSO SPEAK: URDU, PUNJABI, HINDI, ARABIC, ITALIAN, SPANISH, CANTONESE, MANDARIN, FRENCH, TAGALOG, LITHUANIAN, RUSSIAN, AND VIETNAMESE

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SUNRIDGE AUTOMOTIVE: A DIVISION OF SUNRIDGE NISSAN

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CANADA'S BEST MANAGED COMPANIES

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PRICES DO NOT INCLUDE GST, C.O.D.: (ROGUE SV: $4,257.24), (SENTRA S: $4,257.24), (VERSA SV: $3,154.76), (JUKE SV : $2,848), (PATHFINDER: $4,598), T.O.: (ROGUE SV: $37,199), (SENTRA S: $18,083.64), (VERSA SV: $19,680.16), (JUKE SV : $24,858), (PATHFINDER $45,946). ERRORS AND OMISSIONS EXCEPT VEHICLES MAY NOT BE EXACTLY AS SHOWN. DEALER RESERVES THE RIGHT TO END PROMOTIONS WITHOUT NOTICE. SEE DEALER FOR FULL DETAILS. CASH DISCOUNT IS APPLICABLE TO THE CASH PURCHASE. NOT APPLICABLE WITH NCF STANDARD RATES. CASH DISCOUNT IS COMPRISED OF NON STACKABLE CASH AND NO CLEAROUT CASH. NOT APPLICABLE TO LEASE AND FINANCE OFFERS. OFFER VALID BETWEEN SEPTEMBER 1 – 30, 2015. SEE MORE AT HTTP://WWW.CMOOSENISSANLCA/VST-EN/PROGRAM-DETAILS.

"I bought in Hunter House because the complex, as a whole, is architecturally designed beautifully. This will be a stunning complex upon its completion!"

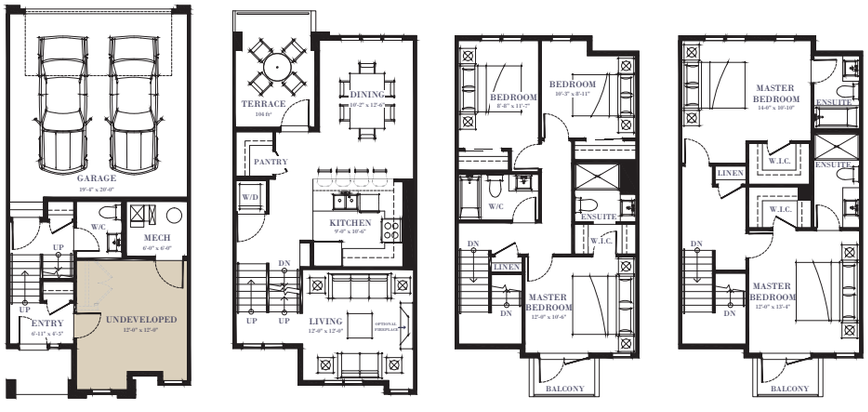
– Brenda S.
Hunter House Townhome Owner

STREETSIDE DEVELOPMENTS
A QUALICO Company

HOMES NOW AVAILABLE FOR IMMEDIATE POSSESSION!

±1500 sq.ft. Townhomes

starting from **$384,900*** (plus GST).



Main Floor | Second Floor | Third Floor (3 Bedroom option) | Third Floor (Double master option)

Townhome B2 | ±1498 sq.ft.

* Townhome price after $10,000 promotional discount. Limited time offer. Cannot be combined with any other offer.

Premium Features

- Full size double car garage with driveway
- 42" Height maple kitchen cabinetry
- Granite or quartz countertops
- Stainless steel appliance package
- Stunning HardiePlank clad exteriors with Tudor-inspired architectural details
- Sought-after southwest address in the established community of Silverado

Stacked Bungalows

starting from **$499,900** (plus GST)

HUNTER HOUSE

220 Silverado Plains Park SW | Mon - Wed 2pm - 8pm | Sat - Sun 12pm - 5pm

HunterHouseLiving.com | 403.240.4664